InStyle



Viola Davis
LIFE LESSONS FROM MARRIAGE, MOTHERHOOD, AND HER DRESSING ROOM

12
FASHION RESOLUTIONS TO NAIL YOUR LOOK

What's Cool NOW!
BEST NEW TRENDS OF 2016

PLUS
NEW YEAR'S DAY BRUNCH PARTY GUIDE

HOW TO GET AWAY WITH

The BEST Year EVER!

STEAL THESE GET-GORGEOUS CELEBRITY ROUTINES

BLAKE LIVELY'S POST-BABY WORKOUT

JENNIFER ANISTON'S AGE-DEFYING TREATMENT

JENNIFER LOPEZ'S FULL-BODY BOOT CAMP

KERRY WASHINGTON'S BEAUTY DIET

& More!

JANUARY 2016


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InStyle

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VIOLA DAVIS photographed on the cover and at right by Jan Welters. This page: Bottega Veneta dress. Tomas Maier earrings.



95 VIOLA DAVIS

The *How to Get Away with Murder* star and groundbreaking actress speaks from the heart about the joy of motherhood, renewing her marriage vows, and why she won't be bothered with New Year's resolutions.

BY VERONICA CHAMBERS

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JANUARY

Time to dust off the Vitamix and recharge your Fitbit. But that isn't all. These days, resolutions go beyond losing weight, getting back in shape, or forcing yourself to stick to an arbitrary set of rules. For many women, it's more about *feeling* stronger, healthier, and just plain centered. As cover girl Viola Davis wisely notes, meaningful change often happens as a result of a revelation rather than a resolution. "It's not about *making* it happen," she says. "For me, it's more of an internal shift." In "10 Ways to Totally Transform Your Life" (p. 62), we bring you the inside scoop from Hollywood's most sought-after *wellness* experts, including Gwyneth Paltrow's mind-body detox guru, Kate Hudson's decluttering expert, and Michelle Williams's awakening coach. And for those of you who still want to work off some of that holiday cheesecake? We suspect Jennifer Lopez's red-carpet boot camp will help.

Ariel

BRIAN HENN

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Cover Shoot *Confidential*



What makes actress **Viola Davis** beam with delight? At her *InStyle* sitting, it was a body-skimming Lanvin gown, a dazzling 46.93-carat diamond bracelet by Harry Winston (that she picked out), and a custom playlist of jazzy R&B tracks, like James Brown's "Get Up, Get Into It, Get Involved." Says hairstylist Jamika Wilson, "Watching her dance around the set and enjoy her moment was simply beautiful."

You Asked, Viola Answered

Q What beauty product do you tend to hoard?

—CLARENCE WHITE, Wilmington, Del.

A I used to have about 30 or 40 bottles of fragrances, but I had to clean them out since they were driving my husband crazy. I love Dior, Prada, anything Molton Brown.



Chanel Le Vernis Nail Colour in Orage, $27; chanel.com.

DARK SHADOWS
Manicurist Marisa Carmichael brushed Chanel's Extreme Shine nail lacquer over this inky shade.



HIGH EXPECTATIONS
When your favorite fashion decade is the '70s, a standard platform just won't do. These almost-6-inch stunners were a big hit.

Suede platforms, Charlotte Olympia, $875; charlotteolympia.com.



MULTIFACETED
The self-proclaimed jewelry fanatic was drawn to these bold statement earrings.

18kt gold earrings, Ippolita, $1,795; ippolita.com.



Leather bag, Alexander McQueen, $1,995; alexandermcqueen.com.

TOTES AMAZE
Davis, who arrived in an athleisure-chic Bench zip-up and Under Armour leggings, was excited to show off her new bag by Alexander McQueen. "Loving this purse," she grammed during the day.



COVER CREDITS
Left: dress LANVIN
Right: jacket PORTS 1961
earrings IPPOLITA
photographed for *InStyle* by JAN WELTERS
styled by MELISSA RUBINI hair JAMIKA WILSON
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We Hear You...

"**Drew Barrymore** keeps it real. Not all women need to have a super-skinny bikini body to feel beautiful—just an amazing sense of confidence and capability."
—DELANEY S., London



@DCFashionista1: I'm ALL about @drewbarrymore's hair for @instyle's #November cover! Love the bronde ombré effect.

A JOY TO READ



Julia Roberts's smile is legendary, yet all these years, I've never quite understood what made her tick. Her guide "How to Take Happiness Seriously" [November] gave me valuable tips on staying more chipper. Now I'm making a conscious effort to unplug and put down my cell phone when I get home from work.
—KAT KENNEDY, New York

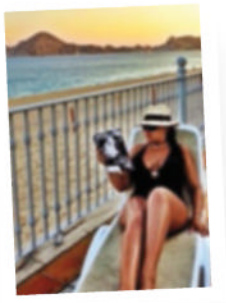
COMIC STRIP TO CATWALK

I've been a fan of the *Peanuts* gang ever since I was little, but I never expected to see them in a fashion magazine—sporting red-carpet-ready looks, no less [November's What's Now!]. It made my day to see Peppermint Patty dressed head-to-toe in Prada's fall collection. The metallic gold Birkenstocks were the perfect finishing touch.
—ANNA ROGERS, Naples, Fla.



Your *Ultimate* Travel Companion

Readers jet-set across the globe with their *InStyle* in tow.





PARIS
"Sofía Vergara was great company during my visit to the Eiffel Tower."
—CARILYN BULLER, East St. Paul, Manitoba



CABO SAN LUCAS, MEXICO
"Perusing the latest fashions while taking in the beautiful sunset."
—GEANNETTE TAREVSKI, London, Ontario

ATHENS
"I took the October issue straight to the Parthenon!"
—SUZANNE PRESTON, Hoboken, N.J.

ANIMAL PLANET

Thank you for featuring chic and cruelty-free clothing options in July's "10 Ways Fashion Is Gonna Save the World." There's no reason why we should harm animals when making items we will want to wear.
—LAUREN WEINSTEIN, Paradise Valley, Ariz.

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DEEP BREATH! THE PANTONE COLORS OF 2016

Rose Quartz & Serenity

By selecting two—not one—soothing, airy pastels, the color authority has a message for us all: Chill out. "With our hectic lives and the frenzy around us, there is an increasing demand for tranquility," says Pantone Color Institute's executive director, Leatrice Eiseman. Rose Quartz evokes a sunset, budding flower, or flushed cheek, while Serenity conjures an expanse of bleached blue sky. "Wearing them together is like returning to the weightlessness of your youth," adds Eiseman. "The combination of a cool and a warm color brings a sense of balance." Wondering how to pull off these two of-the-moment shades? Turn the page for our fashion take.

For more of everything #WhatsNow, follow **@SharonClott** on Twitter, Instagram, and Snapchat

How to Wear Painterly Pastels

Select tailored silhouettes and rich textures to counter the sugary sweetness of these delicate shades. "Silk fabrics look really sophisticated," says *InStyle* senior style editor Ali Pew, who suggests pairing a baby blue button-down with pale pink trousers for a "supremely elegant" and feminine effect.



HIP TIPS
Nail art is a quick (and removable) way to test the look. Visit ***instyle.com/poole*** *to learn how to do these designs by celebrity manicurist Madeline Poole.*

1 Polyester trousers, Boohoo.com, $26; boohoo.com. **2** Silk shirt, Thomas Pink, $250; thomaspink.com. **3** Polyester-blend coat, White House Black Market, $250; whbm.com. **4** Leather bag, Dooney & Bourke, $348; dooney.com. **5** Sephora + Pantone Universe Matte Lipstick in Serenity, $18; sephora.com. **6** Calf suede heels, Bionda Castana, $895; biondacastana.com. **7** Sally Hansen Insta-Dri Nail Color in Set Sail and Fast Dry in Blink Pink, $5 each; at drugstores. **8** 18kt gold bangles, Ippolita, $6,595/set of 5; ippolita.com. **9** Wool hat with fox-fur pom-pom, Eugenia Kim, $250; eugeniakim.com.

TOMAS MAIER'S NEW FRAME OF MIND

Putting a twist on classics has become a signature of Tomas Maier's work, be it for his own brand or at the helm of Bottega Veneta. So for his label's first eyewear collection, he created 10 styles infused with subtle details, like color-contrast rims and palm-tree imprints, all in a palette of soft neutrals, because "frames closest to your hair color truly look best," he says.



Acetate sunglasses, Tomas Maier, $290 each; tomasmaier.com.



Gigi is wearing New The Falsies® Push Up Drama™ Mascara in Very Black.
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Marchesa's Flight of Fancy

Fantasy is at the heart of Marchesa, the label dreamed up by Georgina Chapman and Keren Craig, so it's fitting that their first shoe collection looks like it just stepped out of a fairy tale. "They are designed to whisk you away from the everyday," says Chapman of the 28 Italian-made styles bearing laser cuts, exotic skins, and avian references, like the birdcage booties at far right. Adds Craig, "These shoes look like they might take flight."



Chapman and Craig spent a year perfecting every aspect of their flats, booties, and heels.

Clockwise from top left: Elaphe snakeskin, $1,495; at Esti's, 718-645-2600. Suede with grosgrain ribbon ($1,095) and napa leather ($695); couture.zappos.com. All by Marchesa.

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Fashion illustrator Donald Robertson created a special award for each of the honorees.

Exclusive!

Inside the Incredible *InStyle* Awards

From the outside, it looked like the most glamorous night Hollywood has seen in years, as our editors convened an all-star cast for an intimate dinner party at the breathtaking Getty Center to celebrate seven true trailblazers of the red carpet. But inside, it was even better—a special moment among friends sharing an appreciation for the uplifting power of style with heartfelt and sometimes hilarious toasts. "There's a perception that fashion can be frivolous," said Style Icon honoree Gwyneth Paltrow, "but it's a huge part of my life. Through good dresses and bad, it's art and inspiration."



"His designs bring out the best in a person. I'm comfortable, confident, and the best version of myself when I wear his clothes." —Presenter **MICHELLE WILLIAMS**, in Louis Vuitton, with Designer of the Year and Louis Vuitton artistic director **NICOLAS GHESQUIÈRE**



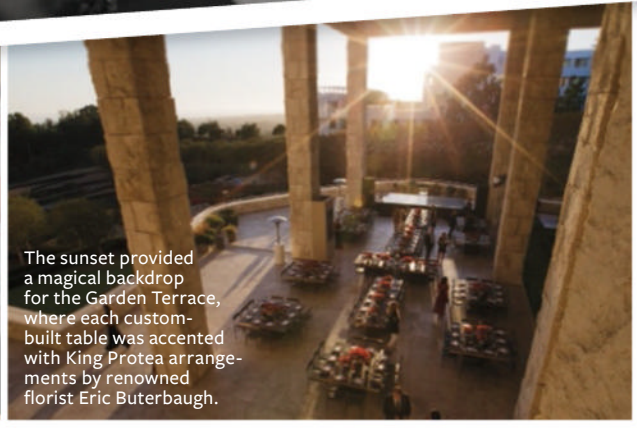
RACHEL ZOE, in her own collection, with *InStyle* editorial director **ARIEL FOXMAN**, in a Dolce & Gabbana tuxedo, and **KIM KARDASHIAN WEST**, in Valentino



"Kate is the incarnation of my carefree, beautiful, spirited little sister. She brings music, spontaneity, an incredible lack of self-consciousness, and all this fire into my life. Plus, god, I envy her sex life." —Style Icon **GWYNETH PALTROW**, in Schiaparelli Haute Couture, with presenter **KATE HUDSON**, in Giles



"I can't believe they're giving me the Man of Style award, because I feel like I'm just becoming a man now!" —**ANSEL ELGORT**, in Louis Vuitton, with presenter **JUDY GREER**, in Sachin & Babi Noir



The sunset provided a magical backdrop for the Garden Terrace, where each custom-built table was accented with King Protea arrangements by renowned florist Eric Buterbaugh.

—REPORTED BY BRANDI FOWLER, BRIANNA KING



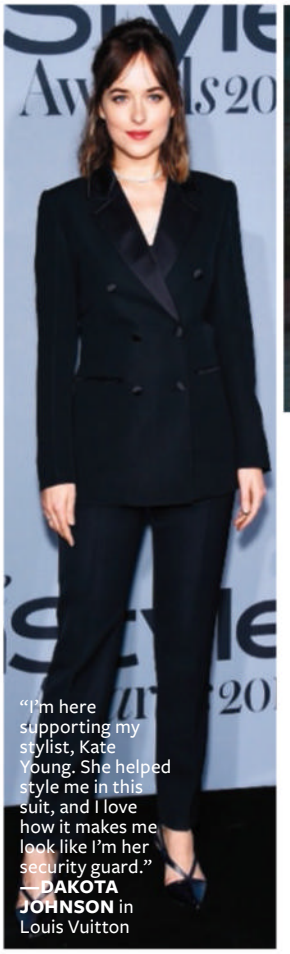
"Serge completely changed my hair. He took it from looking flimsy to looking fabulous. He's so special, the whole night should be just about him!" —Presenter **JULIA ROBERTS**, in Gucci, with Hairstylist of the Year **SERGE NORMANT**



Breakthrough Style Star **ZOË KRAVITZ**, in Calvin Klein Collection, with presenter, mom **LISA BONET**, in Valentino



"I didn't know there were different versions of sexy until I met Kate. She shows me how I can feel that way without every outfit being tight and full of cutouts." —Presenter **SELENA GOMEZ**, with Stylist of the Year **KATE YOUNG**, both in Louis Vuitton



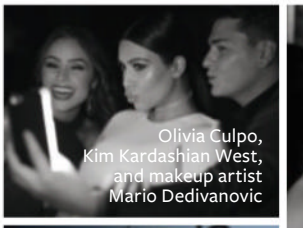
"I'm here supporting my stylist, Kate Young. She helped style me in this suit, and I love how it makes me look like I'm her security guard." —**DAKOTA JOHNSON** in Louis Vuitton



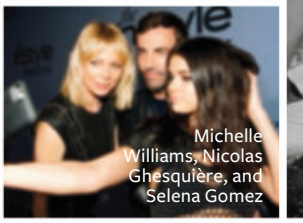
Always one to find a post-worthy moment, The Blonde Salad blogger and social-media maven **CHIARA FERRAGNI**, in Louis Vuitton, paired perfectly with the billboard-size *InStyle* sign that greeted guests upon their arrival in a marble plaza.

BUT FIRST, LET'S TAKE A SELFIE

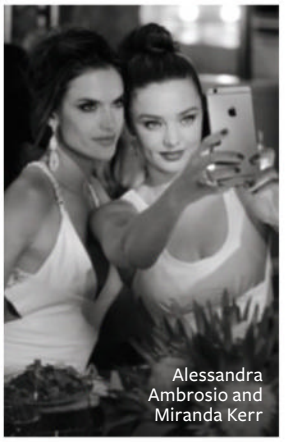
The four-hour evening produced nearly 4,000 Instagram posts under the hashtag #InStyleAwards. A pregnant Kim Kardashian West joked in her caption, "Feeling extra thin with all of the super models! LOL."



Olivia Culpo, Kim Kardashian West, and makeup artist Mario Dedivanovic



Michelle Williams, Nicolas Ghesquière, and Selena Gomez



Alessandra Ambrosio and Miranda Kerr


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the Look

by ERIC WILSON



FINISHING TOUCHES

LOBE-TROTTER
The outfit's form-fitting athletic fabric is matched by a pair of streamlined scroll leaves from **Neil Lane** that trace the ear in platinum and diamonds.

BEST DRESS

CATE BLANCHETT *in Proenza Schouler*

A sporty update on the cold-shoulder trend of the '90s, modernized with mesh viscose, this "peeling away" design was a major hit of the spring 2016 show. Who better to wear it first? "We got goose bumps when we saw her in our dress," says co-designer Lazaro Hernandez. Adds partner Jack McCollough: "She is an extraordinary talent, a true icon, and always so inspiring to us."

GREAT SCOTS

The Not So Thick of It

Tweed, that flintiest of fabrics and a favorite of Coco Chanel's, is undergoing a modern makeover with softer, lightweight weaves or a trompe l'oeil version made of lace. It's no sweat.



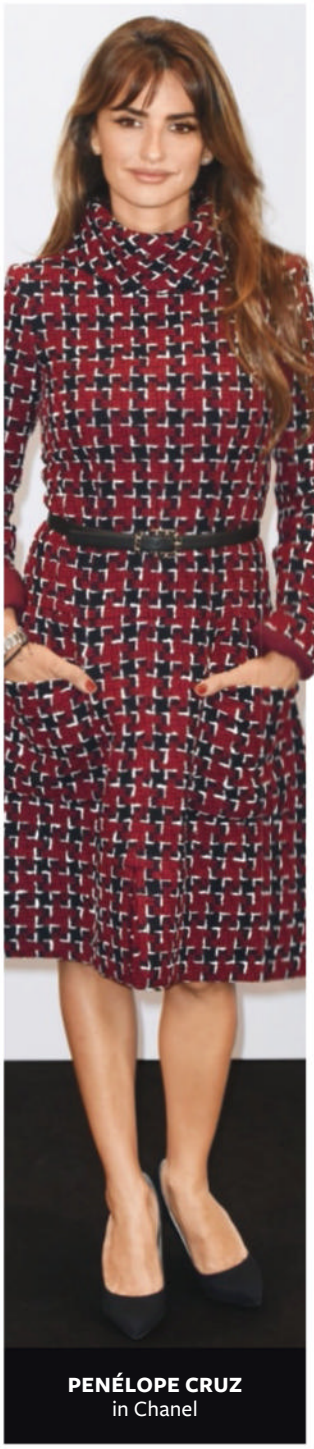
GABRIELLE UNION
in Prabal Gurung



DIANE KRUGER
in Simone Rocha



KATE BOSWORTH
in Alexander McQueen



PENÉLOPE CRUZ
in Chanel

EXTRA FRILLS

Ruffle Kerfuffle

Whipped-cream cascades of silk-chiffon flounces, fabulous furbelows that go far above, beribboned collars, curlicue trims—such poetic decorations haven't seen this much action since the Edwardian era. A century later, we're still captivated by fashion with flair, or in this case, flare.



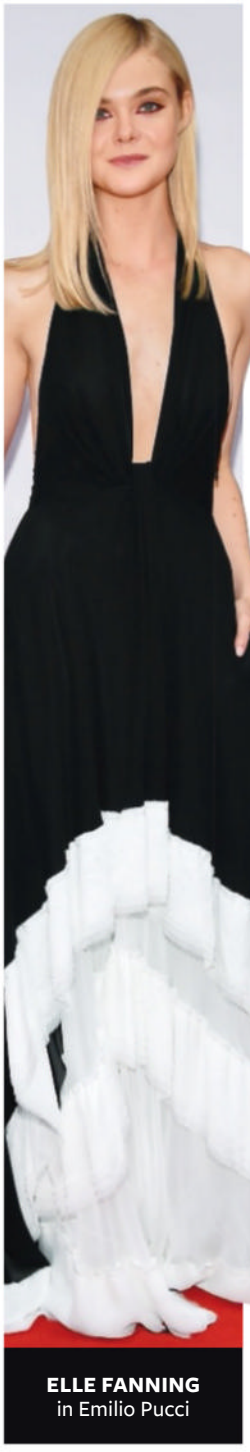
LILY COLLINS
in Chanel



NAOMI WATTS
in Balmain



DAKOTA JOHNSON
in Gucci



ELLE FANNING
in Emilio Pucci



ROONEY MARA
in Alexander McQueen

LIFE SAVERS

Line of Vision

One way to ward off the winter blues is by enjoying a spectrum of stars in bright stripes that have all the subtlety of an off-air signal. Need a reason to grab your sunglasses and start chasing this trend? Legend has it there's a skirt of gold at the end of the rainbow.



SELENA GOMEZ
in Kenzo

NATALIE PORTMAN
in Dior Haute Couture

ALEXA CHUNG
in Gucci

NAOMIE HARRIS
in Mary Katrantzou

EMILY BLUNT
in Jonathan Saunders

→ **VOTE NOW!** Choose the hottest star look of the day at **instyle.com/lotd**

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You're Invited to Our *Globes* Glam Slam!

Our glittering soirée on January 10 is the evening's most popular after-ceremony party. Bypass the velvet ropes at **InStyle.com** for a candid peek at all the celeb-fueled action



Jennifer Aniston and Justin Theroux were all smiles—and smooches—at last year's event.

Party-Ready!

With our access to Hollywood's leading stylists and hair and makeup artists, we show you how to re-create the night's most coveted looks.



Salma Hayek, in Gucci, with winner Maggie Gyllenhaal, in Miu Miu



Something he said? Jeremy Renner entertained his pals, from right, Gabrielle Union, John Legend, and Chrissy Teigen.

Memorable Musings

What the stars say about our annual affair



"The DJ is always amazing, and Chan [husband Channing Tatum] and I obviously love to dance."
—JENNA DEWAN TATUM, 2015

"Now I'm really going to go crazy!"
—SOFÍA VERGARA, 2013

"My first year, I had to sneak into the *InStyle* party."
—ANNE HATHAWAY, 2011

For awards show dish you won't get on TV, follow **@instyle** on Twitter and **@instylemagazine** on Instagram.

ask DIANE VON FURSTENBERG



Can we please stop worrying about our age? Getting older means you've had a full life. Regardless of whether you're 30 or 60, it's important to wear what makes you feel like the best version of yourself, no matter if you're in a leather miniskirt or a timeless tuxedo jacket. Anti-aging is as much about what you put into your body as what you put on it, so live well and enjoy the ride.

Diane von Furstenberg

Q I'm in my 40s and I love wearing bright colors and pastels, but I resemble a 12-year-old when I do. How can I put together something more grown-up? —CHARI B., INDIANAPOLIS

A My approach to any color has always been to embrace it. You can give pastels an edge by experimenting with texture. Try adding a sophisticated suede boot, or balance out a girlie sweater with leather pants.

Q I'm planning a beach vacation, but I'm in my 50s and am not comfortable in a bikini. What are some sophisticated alternatives to a basic one-piece? —DEANNA M., KELLER, TEXAS

A A little mystery is not at all a bad thing. I actually think a solid black one-piece is one of the hottest items a woman can wear. But for a chic and sultry twist, check out a style with mesh panels, a cutout detail, or a deep-V neckline.



JULIA ROBERTS in Bottega Veneta

Q My legs are my favorite asset. How can I show them off and still look age-appropriate? —NANCY G., BETHPAGE, N.Y.

A You can't go wrong with a tunic dress and high heels. Pair printed chiffon with a pointy-toe pump, and slip on sheer black panty hose in the winter or sport bare legs for warmer weather.

Q I'm 60 years old yet still want to go for a sexy vibe on special occasions. What do you recommend? —ANNIE S., SAINT PAUL, MINN.

A Seduction is all about attitude, so play with subtle and unexpected accents such as sheer lace.

Submit your questions for DVF at instyle.com/askdvf

DVF's Age-Defying Arsenal



"You can never drink too much water. I also practice yoga and tai chi to relieve stress."
Evian water in a glass bottle, $3/750 ml; at Whole Foods Market.



"I recently discovered Natura Bissé's **The Cure Collection** for treating and preventing fine lines."
Natura Bissé The Cure All-in-One Cleanser ($59) and Pure Serum ($260); naturabisse.com.



"These raw **Kor Shots** with fresh ginger or turmeric will make you feel fantastic. I drink a few each day."
Kor Shots Wellness Ginger, $42/12 shots; korshots.com.

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LOOK SMART

The *2016* Forecast *for* Fashion

What's *in* this year? Name-drop these 16 people, places, and things to sound like a front-row regular

BY ERIC WILSON



1 Oscar Refined

The first large-scale retrospective on the quintessential American designer, who died in 2014, opens at the de Young Museum in San Francisco. Fashion editor André Leon Talley, who curates the exhibition, brings together more than 100 unfailingly elegant ensembles created over 50 years. March 12–May 30, **deyoung.famsf.org.**



2 HAPPILY EVER CHICER
New York's Museum at FIT welcomes maidens and mad hatters alike with **"Fairy Tale Fashion,"** where Little Red's riding hood is by Comme des Garçons. January 15–April 16, **fitnyc.edu/museum.**



3 FASHION GOES FOR RIO GOLD
The Summer Olympics have apparel giants thinking of Carioca style (see Nike's spring ode to the colors of the games, left). **Giorgio Armani** (Italy), **Ralph Lauren** (U.S.), and **Stella McCartney** (U.K.) will compete too by dressing the athletes.



4 BARNEYS FINDS ITS ROOTS
Twenty-three years after moving its flagship uptown, Barneys New York opens a new store in February on the same Chelsea block where it was born in 1923—"a full circle moment for the brand," says CEO Mark Lee.



5 LIGHTNING STRIKES AGAIN
Julianne Hough as Sandy, Carly Rae Jepsen as Frenchy, and Vanessa Hudgens as Rizzo—Fox's January 31 live broadcast of *Grease*, the '70s musical, is being updated for an audience of millennials (just weeks after NBC takes on *The Wiz*). Will anyone get the references to Troy Donahue and Rock Hudson?



6 BARBIE IN PARIS
Scholars have always been fascinated by her looks. The fashion icon hits the big time as the subject of a Musée des Arts Décoratifs exhibition. March 10 through September 18.



7 Politically Correct

As Election Day nears, expect an unreasonable amount of attention to be paid to the candidates' attire and its impact on fashion. The joys of no-fuss pantsuits are no-brainers, but it's better to not read too much into Donald Trump's shiny red ties.

8 THEY'RE *BAAACK*

Forget blue steel. When *Zoolander 2* hits theaters on February 12 (15 years after the original), the real status symbol for designers will be having a cameo in the film.





9 BEST BINGE BET *Vinyl,* HBO's tough-talking music-industry drama from **Mick Jagger, Martin Scorsese**, and **Terence Winter** (premiering February 14), is like a cross between *Empire* and *Boardwalk Empire*.



10 iCOSTUME The Metropolitan Museum of Art explores the effect of technology on fashion, from the invention of the sewing machine to 3-D printers, in "Manus x Machina." Apple sponsors the show. May 5–August 14, **metmuseum.org/manusxmachina.**



11 INSIDER VIEW Aliens living among us, imaginary rock bands, *Swan Lake* ballerinas—these are just a few examples of the ingenious dream creations of *Undercover* (and under-the-radar) designer Jun Takahashi, who finally gets his due with a lush monograph from Rizzoli, coming in April.



12 BALENCIAGA EXPERIMENTS With the prêt-a-porter ecosystem in a state of designer flux, all eyes will be watching the arrival of avant-garde creative director Demna Gvasalia at the house that Cristóbal built.



13 RITZ CRACKS OPEN Rest easy! A long drought of €1,000-a-night rooms in the 1st ends with the return of the Ritz Paris, now featuring the world's only Chanel spa.



14 Coach Gets an Upgrade

The buzziest birthday of the year belongs to the well-seasoned leather-goods brand, which celebrates its 75th year with an elevated ready-to-wear collection called Coach 1941. Creative director Stuart Vevers, who is pushing the label onto the luxury turf of its European counterparts, also puts his own spin on the saddlebag, based on the classic pouch from 1972.





15 FASHION FUTURE What's the app or platform currently in favor? Trust designers to stay au courant with the latest crazes, following **Burberry**'s Snapchat-enhanced ad campaigns or **Tommy Hilfiger**'s cool new shopping experience using virtual-reality goggles. Of course, as you know, *InStyle* was all over these trends months ago.

16 MARIMEKKO MAKEOVER

The fab Finnish textiles of Marimekko have been delighting home-décor shoppers (not to mention Jackie Kennedy) for decades, but the company finally gets serious about ready-to-wear with a collection from **Anna Teurnell**, the designer who helmed the & Other Stories retail concept for H&M. Her début for spring has all the right pops of prints.



MARIMEKKO

For more insider info and analysis from our fashion news director, follow him on Twitter **@EricWilsonSays**


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Every woman needs a power outfit: a suit of armor to zip into when she needs to walk a little taller, talk a little stronger, and level a room with a single sideways glance. Nothing gets the job done quite like a sleek contoured dress cut close to the body and rendered in sophisticated neutrals. Team with a sharp top-handle bag and you've got a commanding combo that kicks ass, takes names, and then orders a dry martini at lunch.



Dress Wool-polyamide, Boss, $625; hugoboss.com. **Bag** Leather, Salvatore Ferragamo, $2,400; ferragamo.com.



Dress Wool-acrylic jersey, Adam Lippes, $1,290; at Saks Fifth Avenue. **Bag** Calf hair and leather, Dune London, $139; dune london.com.

Dress Viscose ponte, Kate Spade New York, $348; kate spade.com. **Bag** Leather, CH Carolina Herrera, $780; at CH Carolina Herrera, 212-744-2076.

Dress Suede, Ann Taylor, $398; anntaylor.com. **Bag** Calfskin, Aspinal of London, $1,485; aspinaloflondon .com.

A classic shape gets decadent in supple suede.

Dress Polyester blend, White House Black Market, $160; whbm.com. **Bag** Leather, Tory Burch, $595; toryburch.com.

Rainbow color-blocking gives a work bag some whimsy.

Dress Wool blend, Banana Republic, $138; bananarepublic .com. **Bag** Embossed cowhide, Janis Lee New York, $495; janislee.com.

Dress Viscose, Atea Oceanie, $550; at Elizabeth Charles, 415-440-2100. **Bag** Leather, Milly, $425; milly.com.

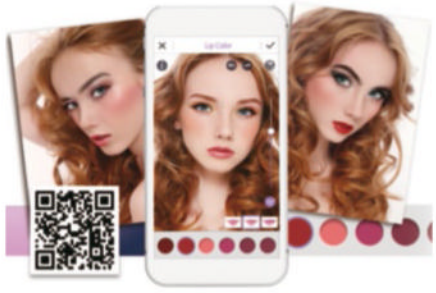
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PRODUCT PREVIEWS AND SPECIAL OFFERS



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INSTYLE, FENDI & STEP UP PARTNER TO HOST AN EXCLUSIVE PREVIEW OF THE FENDI RESORT 2016 COLLECTION

On October 13, 2015, InStyle Executive Style Correspondent, Dana Avidan-Cohn and Step Up CEO, Jenni Luke, co-hosted an exclusive shopping event at the Fendi Boutique in Beverly Hills. Attendees included top Los Angeles-based bloggers such as Annabelle Fleur, Jessi Malay, Michelle Madsen, Taye Hansberry, Ashley Torres and Brittany Xavier. All guests were treated to a private showing of the Fendi Resort 2016 collection.

A percentage of the evening's sales benefitted Step Up, an organization that empowers girls from under-resourced communities to fulfill their potential to become the next generation of professional women.









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INSTANT STYLE

HIT *REFRESH*

New year, new you, new fashion #goals. But no need for a total makeover—incorporate these clever tweaks into your everyday outfits for a look that's still you but kicked up a notch

on the Weekend

Luxe leathers and suedes make for an elevated approach to off-duty dressing. Mix in cool-girl prints, pops of color, and possibly even a skirt instead of pants. Now you're prepared to bump into just about anyone.



EARRINGS Gold plate, Charming Charlie, $8; charming charlie .com.

SUNGLASSES Acetate, Michael Kors, $205; at select Michael Kors Lifestyle stores.

JACKET Lambskin, Iro, $1,124; iroparis.com.

TURTLENECK Cotton, Solid & Striped, $128; solidand striped.com.

SKIRT Leather, Zara, $129; zara.com.

BAG Leather, Etienne Aigner, $295; etienne aigner.com.

RING Gold plate, Charming Charlie, $10; charming charlie .com.

BOOTIES Suede, L.K.Bennett, $495; lkbennett .com.

NECKLACE Acrylic and gold plate, Charming Charlie, $13; charming charlie .com.

SUNGLASSES Acetate, Velvet Eyewear, $175; velveteyewear .com.

TOP Cotton blend, Suno, $450; sunony .com.

WATCH Metal with leather strap, Komono, $90; amazon .com.

SANDALS Leather, Tory Burch, $450; toryburch .com.

JACKET Leather and canvas, Rebecca Minkoff, $498; rebecca minkoff.com.

CULOTTES Denim, 7 for All Mankind, $198; 7forall mankind .com.

BACKPACK Leather, Ivanka Trump, $395; nordstrom .com.

at the Office

Let's put it this way: An impeccably cut suit never impeded anyone's career progress. Pick a wide-leg silhouette or rich jewel tone to show you think "outside the box."



NECKLACE
Brass, French Connection, $38; usa.french connection .com.

SWEATER
Merino wool, Banana Republic, $70; banana republic .com.

SUIT
Polyamide-cotton blazer ($598) and pants ($528), Jill Stuart; jillstuart .com.

WATCH
Rose gold tone with leather strap, Anne Klein, $65; macys .com.

PUMPS
Leather, Raye, $205; revolve clothing .com.

BAG
Leather, Furla, $578; furla .com.

EARRINGS
Swarovski crystal and gold plate, Luv Aj, $50; luvaj.com.

SUNGLASSES
Acetate, Toms, $139; toms.com.

TOP
Silk, A.L.C., $375; shopbop .com.

WATCH
Stainless steel with double-wrap leather strap, Marc by Marc Jacobs, $225; marcjacobs .com.

SUIT
Wool-polyester jacket ($445) and trousers ($240), Reiss; reiss.com.

PUMPS
Leather, Nine West, $99; nine west.com.

BAG
Leather, Luana Italy, $458; saks .com.

at Home

Why kick back in years-old yoga pants when you can swan around in silky, languid separates, PJs or otherwise? Drape a sumptuous coat over your shoulders to make a latte run, Old Hollywood–style.



PAJAMAS
Viscose-silk shirt ($395) and trousers ($495), Chinti and Parker; chintiandparker.com.

COAT
Wool-cashmere, Vince, $545; vince.com.

BANGLES
Gold tone, Zara $23/set of 2; zara.com.

MULE SLIDES
Napa leather, Jenni Kayne, $450; jennikayne.com.

SWEAT-SHIRT
Silk, Tibi, $350; tibi.com.

COAT
Satin, Veda, $695; at Veda, 212-219-8332.

JEWELRY
Gold-plated bangle ($129) and rings ($169 each), Sarah Chloe; sarahchloe.com.

SLIP-ONS
Shearling, Brother Vellies, $265; brothervellies.com.

PANTS
Silk, Elizabeth and James, $395; neimanmarcus.com.

DLP STUDIO

on a Date

A curve-hugging LBD (little *burgundy* dress, that is) and leg-elongating flares flirt subtly, and there's nothing more seductive than wildly sparkling heels.

EARRINGS
Silk tassel, Bloom + Grace, $95/set (each color sold as a pair); bloomandgrace.com.





DRESS
Cotton jersey, Opening Ceremony, $495; openingceremony.us.

CUFF
Brass, Bloom + Grace, $155; bloomandgrace.com.

BAG
Leather, & Other Stories, $120; stories.com.

ANKLE BOOTS
Glittered leather, Sam Edelman, $130; samedelman.com.



EARRINGS
Zinc, steel, and stone, Zara, $16; at select Zara stores.



TOP
Cotton-polyamide, Yigal Azrouël, $590; yigal-azrouel.com.

JACKET
Leather, J Brand, $1,298; at Nordstrom.



RING
Agate and gold plate, Stella Valle, $215; stellavalle.com.

BAG
Leather, Time's Arrow, $495; at Bloomingdale's.

JEANS
Denim, AG, $198; agjeans.com.

HEELS
Embellished velvet, ASOS, $99; us.asos.com.

at the Gym

You may not score any points for most coordinated moves, but at least you can go for best dressed. Get there with graphic prints, heart-pumping colors, and—hey, why not?—a chic water bottle.



SUNGLASSES
Matte acetate and matte metal, Westward Leaning, $225; westward leaning.com.

TANK
Nylon-spandex, GapFit, $35; gap.com.

PULLOVER
(tied around waist) Polyester-elastane, Nike, $65; nike.com.

JACKET
Polyester-nylon, Adidas, $75; adidas.com.

CROPPED TANK
Polyamide-elastane, Lucas Hugh, $245; lucashugh.com for stores.

BOTTLE
Glass, Retap, $20; amazon.com.

BACKPACK
Nylon, Rebecca Minkoff, $195; rebecca minkoff.com.

LEGGINGS
Polyamide-elastane, No Ka 'Oi, $190; net-a-porter.com.

SNEAKERS
Foam, Reebok x Upendo Artist Collaboration, $90; bandier.com.

BOTTLE
Stainless steel, S'well, $42; swellbottle.com.

LEGGINGS
Tactel nylon, Tory Sport, $125; torysport.com.

SNEAKERS
Mesh and neoprene, Adidas by Stella McCartney, $179; adidas.com.

YOGA MAT
Rubber, Calia by Carrie Underwood, $60; caliastudio.com.

DLP STUDIO



RING LEADER

A fistful of opulent adornments tells an intriguing story that's equal parts medieval romance and modern fairy tale

PHOTOGRAPHED BY **RICHIE TALBOY**







Rings, top left, from left: **CARTIER** Opal, malachite, and 18kt rose gold, $36,600; at select Cartier boutiques. **VHERNIER** Lapis, rock crystal, and 18kt rose gold, $7,300; at Vhernier, 310-273-2444. **H.STERN** Quartz and 18kt gold, $4,300; at H.Stern, 212-655-3910.

Above, from top: **SYLVA & CIE** Diamond, opal, and 18kt gold, $17,000; at select Neiman Marcus stores. **COOMI** Diamond, emerald, and 20kt gold, $28,000; at Saks Fifth Avenue. **VAHAN JEWELRY** Diamond, sterling silver, and 14kt gold, $1,000; vahanjewelry.com for stores.

Left, from top: **DAVID YURMAN** Diamond, 18kt gold, and sterling silver, $2,150; at David Yurman, 212-752-4255. **DOLCE & GABBANA** Citrine quartz and 18kt gold, $3,550; at select Dolce & Gabbana boutiques. **BULGARI** Marble and 18kt pink gold, $1,590; at Bulgari.



LOUIS VUITTON Brass with lacquer (middle finger), $705; at select Louis Vuitton stores. **GABRIEL & CO.** Diamond and 14kt gold (top, index finger), $1,100; gabrielny.com. **ELENA VOTSI** 18kt gold, $4,400; at Dover Street Market, 646-837-7750.

Fashionable Resolutions *for* 2016

Hitting the gym before work and eating more kale: difficult. Ditching your granny panties and getting out of your all-black rut: totally doable. Here's to your most stylish year yet!

I RESOLVE TO ... Invest in a *Stellar Bag* to Update My Look

Consider a pouch. You can be more daring with designs such as graphic stripes or glittery embellishments. You can stash it in your tote when you're not feeling it or need more room. Truly an instant pick-me-up.



New York



Cotton canvas with calfskin trim, Balenciaga, $695; balenciaga.com.



Leather and cotton, Marni, $1,370; at Nordstrom.

Suede, Rye, $365; ryebags.com.



Painted leather with embroidery, Lizzie Fortunato, $150; shopbop.com.

I RESOLVE TO ... Nail a *Going-Out Outfit* That's Sexy (But Not Too *Sexy*)

Take a break from body-con and select a **loose silhouette** that's got graceful movement.

Sporty lines don't feel overly try-hard while a micro length flirts up a storm.

A **flash of leg** brings sensual appeal to otherwise subdued separates.

Opt for a **semi-sheer blouse and pleated skirt** to achieve lady-and-the-vamp status.

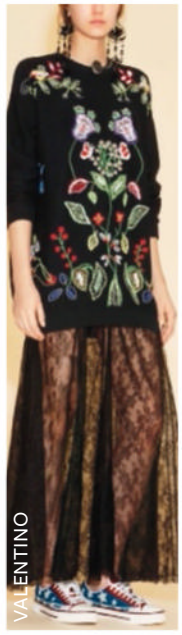
Black lace is shorthand for seduction. Balance it out with breezy, casual shapes.


PROENZA SCHOULER


DIOR


ALTUZARRA


GUCCI


VALENTINO


Leather belt, B-Low the Belt, $128; at B-Low the Belt, 818-779-1115.

I RESOLVE TO... *Stop Hiding* My Hips & Butt

Head-to-toe sweater dressing highlights curves without excessive cling—extra points for a shapely peplum. *Damn,* girl.

Nylon-blend sweater, Ann Taylor, $98; anntaylor.com. Merino wool skirt, 6397, $345; totokaelo.com.



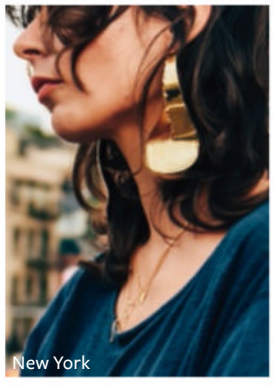
I RESOLVE TO ... Buy Beautiful Grown-Up *Lingerie*

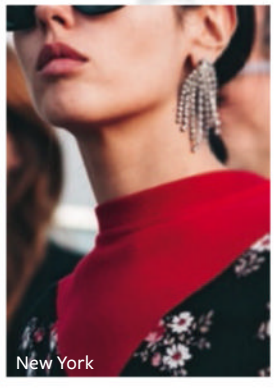
There's something so accomplished about a woman whose top drawer is full of silky, filmy bras and underwear. Choose sweet shades and lacy flourishes for a foundation that can go from day to night (wink, wink).

Nylon-elastane bra ($148) and thong ($78), La Perla; laperla.com.

I RESOLVE TO ... Start Wearing *Jewelry* More Often

To get the most impact for your effort, go for a pair of statement earrings. Whether sculptural and gilded or shoulder-grazing and glitzy, they're sure to brighten up your face—and your day.


New York


New York


Gold plate, Annelise Michelson, $420/single earring; annelisemichelson.com.


Cubic zirconia and imitation black rhodium, Fallon, $195; fallon jewelry.com.



I RESOLVE TO ...

Put on *Outerwear* That's Genuinely Warm Versus Stuff That Simply Looks Good

No need to sacrifice your beautiful coat when it becomes arctic outside. To stay cozy *and* chic, just add a slim-fitting down layer underneath.

Wool coat, DKNY, $995; at Macy's. Nylon coat, Uniqlo, $100; at select Uniqlo stores.



I RESOLVE TO ...

Break My *Neutrals-Only* Habit

Fashion's new crop of left-of-center shades—think pistachio green or over-the-top Barbie pink—provides a dash of intrigue and irony with their vibrance. Style with plenty of slouch and an insouciant attitude for an eye-catching statement that doesn't appear inordinately eager.



I RESOLVE TO ...

Sport *More Dresses & Skirts* in Cold Weather

Count substantial suedes and leathers as your toastiest options, which also tap into the current '70s trend. Fleece-lined tights and knee-high boots also make frigid temps more bearable.

I RESOLVE TO ...

Find a *Bag* That Can Do Both Work & Weekends

Aim for a semi-structured tote with a single standout detail, such as a charming print or soothing shade, to earn compliments from colleagues and friends alike.





Satin and leather, Shoes of Prey, $239; shoesofprey.com.

Napa leather, snakeskin, and PVC, OYSBY London, $595; oysby.com.

Nubuck, Stuart Weitzman, $398; at Stuart Weitzman, 312-649-0090.

Leather, Delman, $448; delmanshoes.com.

I RESOLVE TO ...

Hunt Down a Pretty Pair of *Shoes* That Don't Kill My Feet

When flats feel too frumpy and stilettos too painful, reach for kitten or block heels. Armed with sexy lace-up adornments and playful patterns, they make up for what they lack in height with major attitude.



London



BOSS

I RESOLVE TO ...

Adopt a *Work Uniform* That'll Get Me a Promotion

Wear red. The heat-seeking hue conjures qualities people admire in a leader, namely strength, passion, and power. Stick to streamlined silhouettes, like a sheath dress, to keep the tone office-appropriate, or inject a shot of the color via a crimson bag.

I RESOLVE TO ...

Get My *Closet* Under Control

Donate what you can, then check out these resale sites.

eBay Valet
The e-tail behemoth offers a super-easy white-glove service: Just ship 'em your gently used designer goods and they'll do everything in return for a cut of up to 40 percent of the price of the sale. (*sellforme.ebay.com*)

Material Wrld
Swap your wares for credit to spend with a "fashion trade-in card," which allows you to shop in store and online at partnering retailers, including Intermix and Saks Fifth Avenue. (*materialwrld.com*)

The RealReal
A mecca of luxury consignment, this site deals with coveted high-end brands, such as Céline and Prada. Special incentive: Most items sell within the first 3 to 5 days and you get up to 70 percent of the proceeds. (*therealreal.com*)

ThredUP
This digital marketplace stands out for its range of brands: everything from pre-owned Gap to Gucci. Earn up to 80 percent on pieces selling for more than $60 and up to 40 percent on items priced below that. (*thredup.com*)


FENDI

COLOR CRASH COURSE

MIDNIGHT

Evocative of a gorgeous Alpine evening sky, this elegant blue captivates while keeping its cool

WHY WE LOVE IT Talk about versatility: It can either blend into the background like basic black or delight the eye with its mesmerizing depth.

HOW TO WEAR IT Play the color against type by choosing pieces that bring a bit of whimsy, such as a bow-bedecked blouse or a plush jacket that could've been shorn straight from a teddy bear. Team with earthy green and deep gold for an intriguing mix that's slightly '70s yet still modern and sophisticated.


Wool fleece jacket, J. Crew, $228; jcrew.com.

THE PALETTE




Felt fedora with leather band, Brixton, $52; brixton.com.

Polyurethane-blend skirt, Aeron, $225; aeron.hu.


Leather satchel, Time's Arrow, $625; at Bloomingdale's.

Fox-fur key chain, Max Mara, $175; at Max Mara, 808-926-6161.


Leather belt, Marimekko, $125; us.marimekko.com.


Acetate sunglasses, Jonathan Adler, $128; jonathan adler.com.
ZOË SALDANA in Calvin Klein Collection
Fishnet skirt, Tory Burch, $325; toryburch.com.
Lapis and gold-plated cuff, CC Skye, $168; amazon.com.
Polyester-rayon sweater, Bongo, $32; sears.com.
Suede skirt with pinafore, ASOS, $171; us.asos.com.
Leather bag with removable strap, Halston Heritage, $325; halston.com.
Polyester-viscose top, Elizabeth and James, $295; neiman marcus.com.
Viscose-elastane pants, Rebecca Taylor, $295; at Rebecca Taylor.
Wool coat, Objects Without Meaning, $625; www.social studi.es.
Suede bag, Elizabeth and James, $345; net-a-porter.com.
Polyester-blend skirt, Michael Michael Kors, $150; at select Michael Kors stores.
Polyurethane and polyester oxfords, Zara, $50; zara.com.
Leather, suede, and calf-hair booties, Billy Reid, $595; billyreid.com.

Great Style Has *No Size*

Whip your workout gear into shape with pulse-quickening prints and vibrant colors. Crushing that extra rep will never feel so effortless



SUPPORT GROUP For a fit that won't let you down, seek out these best-selling sports bras from a few of our favorite brands.

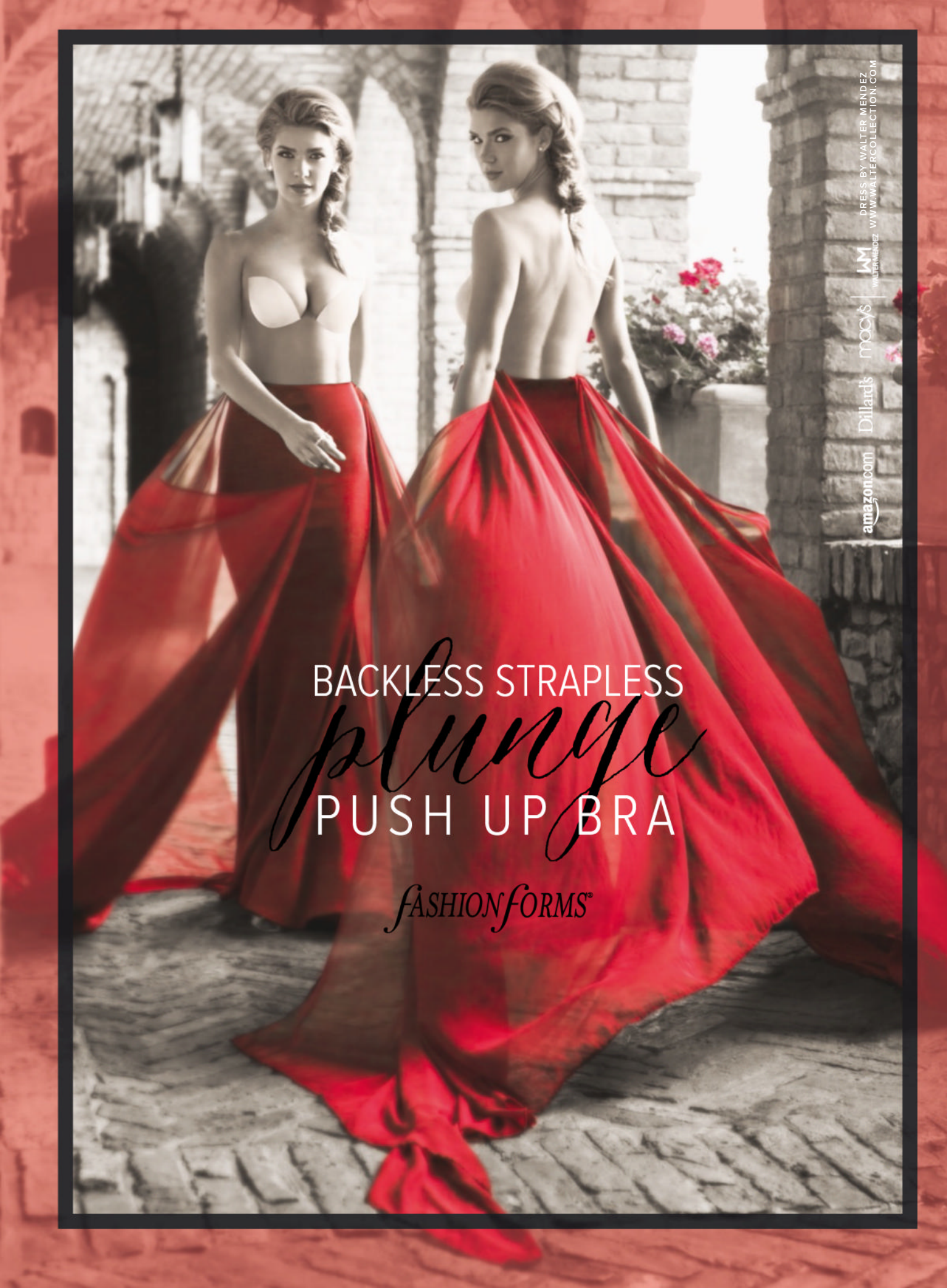
CHANTELLE Padded straps prevent digging and convert into a racerback. *$72 (30D–42H); chantelle.com.*

ENELL This high-impact style can be custom-made to your measurements. *$64–$66 (32C–52GG); enell.com.*

PANACHE SPORT The brand's underwire jogger reduces bounce by 83 percent. *$68 (28–40B–J); nordstrom.com.*

Jacket Polyester-spandex, Talbots, $99 (X–3X); talbots.com. **Tank** Nylon-spandex, Manifesta, $59 (XL–3X); mymanifesta.com. **Leggings** Polyester-spandex, Avenue, $50 (14–32); avenue.com. **Activity-tracker bracelet** Rubber, Jawbone, $129; amazon.com. **Tote** Nylon, Rebecca Minkoff, $225; rebeccaminkoff.com. **Sneakers** Synthetic and mesh, New Balance, $100; newbalance.com.

RICHIE TALBOY


BACKLESS STRAPLESS
plunge
PUSH UP BRA
FASHION FORMS®
DRESS BY WALTER MENDEZ
WWW.WALTERCOLLECTION.COM
amazon.com
Dillard's
macy's
WM
WALTER MENDEZ

Q&A

Got biceps? Try sleeveless suiting.



Sleeveless coat Polyester-rayon, White House Black Market, $160; whbm.com. **Dress** Cotton-nylon, Talula for Aritzia, $110; aritzia.com.

Blousy silhouettes do wonders for a broad build.



Shirt Silk, No.21, $653; at Clementine, 781-235-9465. **Gauchos** Silk-cotton, Sea, $355; 20twelvedesign.com.

Rely on a sexy yet comfy wrap to highlight a killer shape.



Dress Wool and silk, Diane von Furstenberg, $548; dvf.com.

@newyorkhack I've been hitting the gym a lot lately, and as a result, it can be tricky to find clothes that work with my new muscles. Any tips? #AskInStyle

@InStyle When buying tops and dresses, consider wrap styles so you can size up to accommodate your shoulders and back but still highlight your waist. Raglan sleeves rock too, as they do away with constricting shoulder seams and offer a looser, more relaxed fit. For a tailored look, we suggest sleeveless outer layers such as a coat vest, which makes a polished substitute for a blazer. If you've got a substantial booty and powerhouse legs, give palazzo pants a shot—the flowing silhouette lends not only a boho-inflected femininity but also extra breathing room.

Got a style question? Tweet us **@InStyle** with the hashtag **#AskInStyle**


CHRONIC
MIGRAINE
DOESN'T HAVE TO DERAIL ME
Discover treatment options and ways to manage your Chronic Migraine.
If you're getting hit by migraines with 15 or more headache days a month, each lasting 4 hours or more, talk to a headache specialist and learn how you can fight back. Visit us online.
MYCHRONICMIGRAINE.COM
ALLERGAN ©2015 Allergan, Inc., Irvine, CA 92612, APC46NW15

Deals & STEALS

This month's most irresistible and positively affordable fashion finds



$125
Leather and vinyl visor, Monreal London; monreallondon.com.

$55
Get an additional 20% off at instyle.com/deals
Neoprene mesh gym pouchette, Bandier x The Transience; bandier.com.

$130
Viscose-blend dress, Bardot; revolve clothing.com.

$185
Viscose-polyester top, No Ka 'Oi; www.nokaoi-apparel.com.



$89
Rayon-spandex cropped sweater, Bebe; bebe.com.





$74
Nylon-polyester hoodie, Roxy; roxy.com.



$65
Polyester-spandex leggings, GapFit; gap.com.

"Forget the heels. This neo-sporty dress calls for a pair of vibrant sneakers instead."
—DANIELLE PRESCOD, accessories editor



$120
Synthetic and mesh sneakers, New Balance; newbalance.com.



$73
Nylon-spandex leggings, Victoria's Secret; victorias secret.com.



$40
Polyurethane resin watch, Q&Q SmileSolar; store.smile-qq.com.





SMOOTH MOVE
Give techno brights a streetwise edge with liquid leggings.

Paris



$30
Polyester mesh backpack, Live Love Dream; lld.com.



OPTIC NERVE Ground graphic prints in easy-to-mix black and white.

New York

$18
Rayon-nylon sweaterdress, Forever 21; forever21.com. **Available in sizes up to 3X.**

$28
Get an additional 20% off at instyle.com/deals
Acrylic-wool beanie, Pure Barre; pure barre.com.

$145
Cotton-blend polo, Opening Ceremony; opening ceremony.us.

$86
Textile and faux-leather bag, Bernie Mev; at Medici, 201-871-8580.

$28
Polyester-spandex jacket, Live Love Dream; lld.com.

$100
Elastomer and stainless steel Flex wireless Activity + Sleep Wristband, Fitbit; amazon.com.

"The Formula 1 color combo feels bold and fresh both inside and outside the gym."
—MIA SOLKIN, market editor

$140
Mesh sneakers, APL; aplrunning.com.

$124
Supplex-Lycra leggings, Splits59; nordstrom.com.

$30
Polyester-elastane top, Zara; zara.com.

$79
Get an additional 20% off at instyle.com/deals
Plastic sunglasses, Le Specs; lespecs.com.

$90
Get an additional 20% off at instyle.com/deals
Foam sneakers, Reebok; bandier.com.

A-LIST ROUTINES *Tested by Editors!*

10 WAYS TO *TOTALLY TRANSFORM* YOUR LIFE

Put down that caramel-drizzled cheesecake slice and step slowly away from the Champagne. When you're ready, that is. 'Tis the season to press reset, after all. We rounded up Hollywood's most sought-after wellness squad, then tried out celebrity-approved fitness moves, diet hacks, and skin secrets that'll make 2016 your most awesome year yet

photographed by **LEVI BROWN**





Mesh sneakers, APL, $185; aplrunning.com.

BLAKE LIVELY'S POST-BABY WORKOUT

THE PRO DON SALADINO

Owner of N.Y.C. performance studio Drive495, known for sculpting Hollywood's hottest mommas into shape faster than you can say "raw, organic juice cleanse"

OUR TESTER MEGGAN CRUM

Accessories director and mom to 7-month-old Sophie

THE INSIDE SCOOP "I started seeing Saladino three months after my daughter was born. I wanted to lose the baby weight, but nursing was taking a toll on the muscles in my shoulders, neck, and back, making it difficult to exercise. Saladino takes a 360-degree approach that includes fitness, physical therapy, and diet. My experience began with a team meeting with Saladino, physical therapist Connor Ryan, and nutritionist Steve Macari to assess where I was and what I wanted to accomplish. My big obstacle to getting fit? I clock less than five hours of sleep most nights, and I have a crazy work schedule that doesn't allow me much time to hit the gym. To kick off, Ryan helped adjust the alignment of my spine so that I'd feel more of an impact from workouts, and Marcari offered simple diet hacks, like the minimal-prep Garden of Life protein shakes [$27/15.9 oz.; amazon.com], which I could drink as meal replacements. My program consisted of a series of low-impact reps that work the core, glutes, and legs. 'When you have an infant, you're so sleep-deprived that the last thing you want to do is high-impact cardio that will stress your muscles more,' explains Saladino, who has two kids of his own. You can't shock your body: You'll get run-down and sick, and then you'll worry about passing the illness to your baby."

THE RESULTS "It's a slow path, but a month of eating right and using weights has helped me regain my strength," says Crum. "I came to understand that it's not about killing yourself to get back into shape—it's about finding simple lifestyle adjustments that will help you do it slowly and safely."

MASTER A 10-MINUTE BURN

According to Saladino, focusing on glutes and core work is best for new moms. His moves of choice? Goblet squats and Romanian dead lifts. "Do three sets of 10 reps twice a week to start out" for both movements, he says. Add an extra day each week as you begin to feel stronger. Here's how to nail them.

GOBLET SQUAT Holding a 12-pound kettlebell to your chest, squat slowly until your thighs are parallel with the floor. Hold the stance for five seconds, then return to standing.

ROMANIAN DEAD LIFT Using a 33-pound bar weight, stand with your feet hip-width apart. Squat to pick up the bar and lift it until you are back in the standing position.

See these routines in action at instyle.com/editortested

2

GWYNETH PALTROW'S PANCHAKARMA DETOX

THE PRO MARTHA SOFFER

Herbalist, ayurvedic specialist, and owner of Surya Spa in Pacific Palisades, Calif.

OUR TESTER JOANNA BOBER

Lifestyle director who longs for something packing more punch than a spa day

THE INSIDE SCOOP "If you're anything like me, and you have a baby at home and are working full-time, you leap—and maybe even weep a bit—when offered the chance to be doused with warm oils. Soffer was coming to New York, and I scored an appointment to sample her ancient Indian healing treatments. She had emailed asking if I'd be OK with having aromatherapy liquids poured in my hair—yes, definitely—and if I could outline my health concerns so she could prep a blend of herbs to address those woes. Tired, stressed from multitasking, trying to get my body back: the new-mom trinity. When I arrived at Soffer's Lower East Side space, waiters served tea and lentil soup. A white muslin poultice labeled with my name sat on the counter. My herb blend, I surmised. Soffer took my pulse and asked about worries she was sensing, such as my thyroid, emotional blocks, and wonky hormones. When she said the 'girls' would perform the treatment, my ears perked up at the plurality. That was the most memorable part of the experience: lots of people rubbing me with healing herbs and kneading every inch of each limb. A sense of infinity was established. Just because one part of my body had been worked didn't mean that same area wouldn't be kneaded 10 more times. I couldn't help thinking that Cleopatra must have been massaged with unguents in this way."

THE RESULTS "Three hours later I floated home, as restored as ever, wondering if I shouldn't invest in a mega vat of scented oils for the occasional full-body dip. Instead I opted for this stress-relieving home remedy: Add a pound of Epsom salt to a tub filled with warm water and soak for 20 minutes—the salt slows down the nervous system, draws toxins from the skin, and soothes sore joints."

3

MICHELLE WILLIAMS'S AWAKENING COACH

THE PRO KELLY MORRIS

Meditation teacher and spiritual guide to the most zen-spiring fashion insiders

OUR TESTER MAURA LYNCH

Senior beauty editor and self-proclaimed ball of stress

THE INSIDE SCOOP "'If you're not meditating, you're a mess,' Morris told me when we first met. I wasn't sure what constituted a mess, but I was definitely flirting with the line—exhausted, frequently sick, riddled with anxiety, and at that moment, reliant on cheap wine and *Vanderpump Rules* for therapy. I ventured to Morris's Brooklyn apartment to see if she could teach me to meditate, as she has done for Diane von Furstenberg, Michelle Williams, and the six blissed-out women I met at my first group session. Morris, whose 25 years of in-depth research into both Tibetan Buddhism and Shamanism inform her work as an 'awakening coach' [a type of healer], believes that 'meditation is the most essential form of self-care.' And science backs her up: Research shows that it can help lower blood pressure, reduce levels of the stress hormone cortisol, strengthen the immune system, and improve memory. We began in corpse pose—in other words, lying flat on our backs—with our eyes closed. Morris described a beautiful forest, because 'a relationship with the earth mirrors our relationship with ourselves.' After 10 minutes we moved from the warm-up to the main event. I got a spot on the couch, a perk of being a newbie. 'If you're sitting on a couch or in a chair, your feet should be flat on the floor with your hands flat on your thighs,' she explained. 'If you're sitting on the floor, make sure the crease in your hips is higher than your knees, a position you can achieve with the help of a cushion. If it isn't, you'll hunch forward, sit for 40 seconds, and then want to rip your hair out.' She reminded us that our backs should be completely straight, at a 90-degree angle with the floor, to best conduct energy. We returned to the imaginary woods, and Morris drew our attention to each of our senses. As random thoughts invaded, she warned us in her soothing tone to let them pass—good-bye, taco craving. The meditation lasted 30 minutes, but I lost all sense of time. The only thing I could focus on was the overwhelming feeling of tranquility. When I spoke, words came out slowly and less frantically. That night, I had my best sleep in years. I attempted to replicate this peace at home, even though my 200-square-foot studio apartment isn't nearly as calming as Morris's airy brownstone, which looks like it belongs on a #lifegoals Pinterest board, all fluffy pillows and Moroccan rugs. For the next several weeks, I woke up each morning, scrambled to the edge of my bed, and listened to Morris's 7 A.M. Periscope meditation [$25/month; findyourinfinity.com to register]."

THE RESULTS "Morris told me it takes a month of meditating to truly get the hang of it, and she was right. My resting bitch face is slowly settling into a gentle half-smile."

ENHANCE YOUR ZEN

The key to getting the most out of your meditation? Setting a mood that appeals to all senses. Here, our must list.

LIGHT NATURAL-SCENTED CANDLES Lavender, rose, and lemongrass varieties will help transport you outdoors.

DISPLAY FRESH FLOWERS Orange, green, and purple hues give off positive energy.

GET COZY Plop down on oversize cushions if you're practicing on the floor, and keep a shawl nearby to drape over your shoulders—the last thing you want to catch while getting your om on is a chill.

"Meditation can help lower blood pressure, reduce levels of the stress hormone cortisol, strengthen the immune system, and improve memory."



4



JENNIFER ANISTON'S ANTI-AGING TREATMENT

THE PRO MILA MOURSI

Corrective-skin-care specialist whose client roster reads like an Oscar ballot

OUR TESTER
STEPHANIE SAMSON

Special projects editor and regular on the VIP party circuit

THE INSIDE SCOOP "Picture this: You're lying half-naked in a tub of seaweed water, getting toxins buffed out of your bod—and the scrub-down is only one of *16* face and body treatments you'll undergo in a two-hour period. Before I was handed a fluffy robe, I was evaluated so the treatments could be tailored to my needs. I spent 45 minutes wrapped in a full-body heating pad to sweat out impurities, and then an aesthetician cleansed my face and kneaded my cheeks to prep for a facial. I took a dip in the hydrotherapy tub, got a massage, and finished with wrinkle-reducing LED therapy, a skin-firming collagen mask, and a body-contouring treatment to smooth cellulite. The biggest shock? Moursi's most dedicated clients come in once a week for the $900 service, so it's no wonder they're luminous."

THE RESULTS "This wasn't a typical Champagne-fueled spa day; it was a workout session for my skin. After just 60 minutes, the fine lines around my eyes were less pronounced—thank you, hydration—and my skin felt incredibly smooth. Plus, my face and bum were so firm, it seemed like I'd actually done cardio."

MAXIMIZE A FACIAL

Not making it to the spa on a regular basis? Use these tricks to boost the effects of those once-in-a-while treats.

UP YOUR H2O INTAKE In the 24 hours before a facial, drink at least 10 ounces of water every 60 minutes—your skin will better absorb any topical treatments.

DON'T SWEAT IT Avoid intense exercise for at least a day after an extraction to prevent purified pores from re-clogging with sebum.

STREAMLINE YOUR SKIN CARE Take stock of your arsenal, and avoid using multiple products from various brands—commit to just one line to reduce irritation.

5

HILARY SWANK'S WEARABLE-TECH WORKOUT

THE PRO GRANT ROBERTS

L.A. trainer responsible for Swank's Million Dollar Baby *bod*

OUR TESTER KIM PEIFFER

InStyle.com managing editor and unofficial fitness model of the office

THE INSIDE SCOOP "Truth be told, I'm a total gym fanatic. But even though I spend a few evenings a week—and consequently a good portion of my paycheck—sweating regularly, I'm pretty unaware of how hard I'm *really* working my muscles. I showed up at Roberts's L.A. studio sporting a fresh pair of Athos's connected capris [$149; liveathos.com]. They're basic black but feel a bit bulkier than my usual Lululemons, thanks to 12 built-in biosensors that monitor your heart rate and muscle movements. The concept is simple yet incredibly advanced: Charge the discreet Core sensor, and pop it into the slot on the pant leg so the bottoms are connected to your smartphone via bluetooth. Then fire up the corresponding app [Athos, free; available on iTunes] to get a real-time map of your body's movements. After Roberts and I discussed my fitness goals—bursting through plateaus, toning those leg muscles, and eliminating lower-back pain—we hit the gym floor. The pants are compatible with any type of exercise, but we began with a series of simple moves, like biceps curls, crunches, and shoulder presses. As I performed each one, Roberts followed along on the app to show me exactly what muscles I was using and underusing. It turned out I was working my left side more than my right, meaning my left muscles risked overdevelopment. Another realization? I thought I was pushing myself as hard as possible, but according to the app, I was exerting only between 60 and 80 percent of my energy."

THE RESULTS "My savvy coach noted that this imbalance contributed to my ongoing back issues, so being conscious of shifting my weight during workouts has helped ease those pains. In the weeks that followed, I've had the app running during every workout. Because it helped me put in extra effort, I've dropped 2 percent body fat and 5 pounds in four weeks. Plateaus, no more."

JENNIFER LOPEZ'S RED-CARPET BOOT CAMP

THE PRO DAVID KIRSCH

Personal trainer, author of Ultimate Family Wellness, *and the force behind J. Lo's famous derrière*

OUR TESTER KAHLANA BARFIELD BROWN

Beauty and fashion editor–at–large, awards-season regular, and newlywed who got "Kirsched" before walking down the aisle

THE INSIDE SCOOP "I met Kirsch years ago when he trained me for an *InStyle* story about how to transform your figure in six weeks. I lost 18 pounds. Back then I was exercising seven days a week, which isn't practical for most women—myself included. I've maintained a healthy routine since but gained back about 8 pounds. When I got engaged, I knew I'd be calling Kirsch to help me take my gym sessions to the next level. Two months before the big day, I started working with him five days a week. When you're on the treadmill and see Jennifer Lopez to your right and Kate Upton to your left, you know you're in good hands. Kirsch can look at a woman's body and determine exactly what moves will perfectly contour her specific physique. He came to my wedding-dress fitting at Vera Wang, so he knew I was wearing a tight, strapless style that showed off my arms, waist, and butt. He also taught me that eating the right snacks throughout the day is key to maintaining energy: Choose protein bars with no artificial sweeteners or flavors that are low in sodium and cholesterol, like Thin bars or—his own—Kirschbars. But Kirsch is realistic about giving in to the occasional craving. His solution? Counteract the damage with 15 minutes of added cardio. Having someone hold me accountable helped me push myself as far as I could go."

THE RESULTS "At each of my three fittings, the gown had to be taken in because I was losing body fat and getting more toned. By my wedding, I'd dropped 4 inches from my waistline."

SCULPT YOUR BACK AND BOOTY

To get anyone red-carpet-ready, Kirsch recommends focusing on these key moves.

PULL YOUR WEIGHT Do 10 reps of each of the following: Shadowbox with 10-pound dumbbells; triceps push-ups; single-arm dumbbell curls; shoulder presses; biceps curls; and triceps press-downs.

KILL IT WITH CARDIO Do five rounds of 50-meter sprints on the rowing machine with a 1-minute plank between each one and a 2-mile run on the treadmill keeping a pace of 9 miles an hour.



"On those days when you can't fit in a full workout, pick just one move and do it to simply stay connected to your body," suggests Kirsch.

Wooden hand weights with leather detail, Berluti, $1,420/set of 2; at Berluti, 212-439-6400.

KERRY WASHINGTON'S BEAUTY CLEANSE 7

THE PRO KIMBERLY SNYDER

Nutritionist and author of The Beauty Detox Power

OUR TESTER CLAIRE STERN

Assistant editor and resident smoothie aficionado

THE INSIDE SCOOP "Confession: I've tried every juice cleanse out there, and most resulted in weight yo-yoing. So I was skeptical about test-driving Snyder's beauty-detox diet. After filling out a seven-page health questionnaire with details most would consider TMI, I had an hour-long consultation with Snyder. Her assessment: My current, grain-heavy diet was an obstacle to digestion because complex carbs don't break down quickly when mixed with protein. 'Changing the foods you eat radically changes the way you look and feel,' she advised. Hours later a meal plan was in my in-box. It consisted of hot water with lemon, a probiotic vitamin, and Snyder's trademark Glowing Green Smoothie [recipe at right] for breakfast, a salad and veggie-based soup for lunch, and a protein with vegetables or veggies and one grain for dinner. Apples, baby carrots, and coconut-milk yogurt were sanctioned snacks. Should sugar cravings strike, I was to eat a few pieces of dark chocolate containing 72 percent cacao or more. The plan omitted dairy entirely. Snyder was available by text for any lingering questions, and I took advantage of this at restaurants—I was told longtime client Reese Witherspoon does too. The best part? Cheat days aren't off-limits. 'Don't deprive your brain of the carbs it needs to function,' Snyder said. 'It's OK to have a burger once in a while.'"

THE RESULTS "After 30 days I was more energized, had fewer stomachaches, and had lost 5 pounds."



SIP YOUR WAY SLIM

This tasty blend is packed with fiber that brightens skin and kick-starts weight loss.

INGREDIENTS 1–2 cups cold, filtered water; ¾ lb. organic romaine lettuce; 1 small bunch organic spinach; 3–4 organic celery stalks; 1 bunch organic cilantro or parsley (optional); 1 organic apple, cored and seeded; 1 organic pear, cored and seeded; 1 organic banana; ½ organic lemon, peeled.

PREPARATION Combine water, romaine, spinach, celery, and optional ingredients in a blender, and pulse on low until smooth. Gradually increase speed, then add apple, pear, banana, and lemon. Blend until smooth.



8 KATE HUDSON'S CLOSET PURGE

THE PRO MARIE KONDO

Author of The Life-Changing Magic of Tidying Up

OUR TESTER
DIANNA MAZZONE

Beauty assistant and makeup hoarder

THE INSIDE SCOOP "I'm a longtime lover of 'stuff.' It was stuff that made my first apartment in N.Y.C. feel like a home. But now that I've found my way in the big world, stuff no longer brings me comfort. My overflowing drawers and bursting vanity make me feel like I might suffocate, and should the shelves ever give way, I probably would. My profession doesn't help the hoarding: I test at least two or three new beauty products a week—tough job, I know—which adds to the pileup. So, like more than 2 million others worldwide who have embraced *The Life-Changing Magic of Tidying Up*, I turned to the KonMari Method of decluttering. It works like this: Pick up an object, hold it close, and if it sparks joy within you, keep it. If not, donate or discard it. But, short of letting out a yelp of delight, how would I know if an object sparks joy? 'You will feel a pulse in your body, sometimes big, sometimes not so big,' Kondo told me through a Japanese translator. 'The feeling will be different for each item, but in some way your body will let you know. If you feel nothing, then you have your answer.' I started by applying the test to my vanity. After I checked expiration dates on skin-care products and tossed mascaras I'd opened more than six months prior—use them any longer and they become hotbeds of bacteria—much of my beauty arsenal, especially aesthetically pleasing items like eye-shadow palettes, passed the joy test. Kondo told me that was OK: 'If you are sure that each of these items brings you joy, then keep them,' she said. So I did—but she advised storing my stash in a way that I could actually see what products I had and remember to use them. A tall stack of translucent acrylic drawers from Muji fit flat items like blushes, while a set of deep clear bins I scoped out at the Container Store proved efficient for bulky items like shampoo. I next applied Kondo's principle to my closet, getting rid of sweaters and long-forgotten bags that sparked buyer's remorse more than joy."

THE RESULTS "I can only describe the way I felt afterward as an organizational high. I had a sense of being more in control of my life than I ever had before, which inspired me to maintain the order in the months that followed. Not bad for a Sunday afternoon."

KISS CLUTTER GOOD-BYE

Kondo has got it down to an art form. Here's how you can become a master of her method.

DIVIDE AND CONQUER Discard pieces by category, not location. Items like outerwear and accessories might be stashed in various closets, so this will give you a more realistic view of what you have.

GET REAL ABOUT GADGETS They're going to become outdated, so no need to keep them around if you haven't used them in the past six months. A service like eBay Valet is a good place to sell them.

PASS ON SENTIMENT Don't dwell on items given to you by relatives or ones with emotional ties. Instead, think about the happiness they could bring to others.

9 *GAL GADOT*'S WONDER WOMAN ROUTINE

THE PROS HAYLEY BRADLEY & MARK TWIGHT

Certified trainer (Bradley) and founder of Gym Jones (Twight), who whip actors into shape for flicks like this spring's Batman vs. Superman, *starring Gadot*

OUR TESTER CHRISTINA SHANAHAN

Senior editor and weight-training novice

THE INSIDE SCOOP "'Things might go dark, but I promise you won't die,' Bradley told me after a particularly harrowing interval workout on a rowing machine. Things were dark indeed: I've always been a runner, but after a move and the chaotic home renovation that followed, I'd been hitting Costco-size bags of M&Ms harder than I'd been hitting the trails. I agreed to a month-long training regimen that mirrored the prep Gadot was doing to build muscle for her upcoming role as Wonder Woman. My plan? Three days a week in the gym and two days of 'homework.' Before my first meeting with the always-encouraging Bradley—who trained me in N.Y.C. while consulting on my progress with Twight—I received a message from Twight: 'Poor nutrition and inadequate sleep reduce the effectiveness of training by 20 to 30 percent,' he warned. Before we made it past a warm-up, Bradley reaffirmed his point by advising me to balance each meal with equal amounts of protein and greens, and to be wary of seemingly healthy choices like green juice, which can be highly caloric thanks to the large amounts of natural sugars in some fruits and veggies. Her best tip? Drink a *gallon* of water each day. Not only did I feel fuller, which made me snack less, but I felt so hydrated, my endurance improved too. And I needed all the help I could get for the program, which blended basic pull-ups, squats, and ball throws with cardio intervals using the stationary bike and rowing machine—two minutes full-force, then two minutes of active rest—plus weight-lifting challenges."

THE RESULTS "After a month of Bradley's skillful coaching and encouragement, I could deadlift my body weight. I lost 5 pounds and had a tighter core, visible muscle definition in my arms and legs, and a new respect for Wonder Women past and present."



GET GUNS LIKE GAL

You don't need any equipment to give your biceps the superhero sculpt: Each day, do 30 seconds of push-ups followed by a 30-second plank hold. Repeat four times.

10 *JESSICA ALBA*'S LED-MASK THERAPY



Shani Darden Retinol Reform, $95; shanidarden.com.

THE PRO SHANI DARDEN

Aesthetician and anti-aging expert

OUR TESTER TESSA TRUDEAU

West Coast bureau editorial assistant and selfie pro

THE INSIDE SCOOP "A lethal combo of stress and unusually humid L.A. weather had taken a toll on my skin. I'd developed breakouts on my chin and forehead that no amount of concealer could hide. I arrived at Darden's West Hollywood bungalow for an emergency complexion-clearing fix. She led me to a treatment room nestled in her woodsy backyard and cleansed my cheeks, chin, and forehead; applied a lactic-acid peel; and did a pore extraction before strapping on a bulky white mask that covered my face, neck, and chest and emitted pink and blue LEDs. I looked more suited for Comic Con than for a red carpet. The pink LED boosts collagen production, which firms skin, Darden explained. The blue LED zaps bacteria, therefore reducing breakouts. 'The treatment is safe for literally any skin type,' she told me. 'You can get an at-home version, like the LightStim Handheld [$249; lightstim.com] to use daily. The trick is to hold the device within an inch of your face and hover over each area for three to five minutes.' Fancy machines aside, Darden added that there are only two products every woman needs to achieve similar effects in the long term: a vitamin A–packed retinol cream and a ton of sunscreen."

THE RESULTS "After 20 minutes under the zit-zapping armor, I saw an immediate difference in my face. A few days after my session with Darden, my chin and forehead had completely cleared—no filter needed here."



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BEAUTY


ELIZABETH OLSEN

LOOK OF THE MOMENT



GOODY Styling Essentials 3″ Bobby Pins in black, $1/18; at Bed Bath & Beyond.

TUCK & AWAY

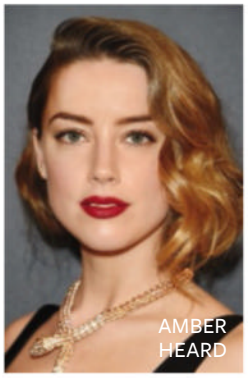
A surefire plan to avoid chopper's remorse? Try on a trim with this deceptive pinup. To create a one-night-only bob, make your part, mist strands with texturizing spray, and add loose waves with an iron. Then roll up the length of your hair, starting at the tips and working up to the top of your neck. Slide in some pins to fasten the coil or knot, then gently pull out long pieces. Let them bend around your face and graze your shoulders for a convincing finish.


FENDI


KERRY WASHINGTON


EMMA STONE


AMERICA FERRERA


AMBER HEARD

Hurry Up, Spring!

6 Trends We Can't Wait to Wear

No need to binge on YouTube tutorials to master the season's coolest looks. We were backstage and got all the tricks straight from the runway pros. From graphic aqua eyeliner to all-gold *everything,* these six statements will transform your outfit into instant click-bait



M&J Trimming 2¼" grosgrain ribbon in black, $2/yard; mjtrim.com. Redken Glow Dry Oil, $32/3.4 fl. oz.; redken.com.



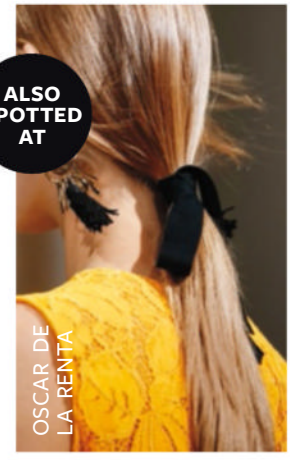
Ribbon-Tied PONIES

Who Guido Palau

Where Dior

What you need to know It may sound like a ready-for-school-picture-day move, but when you wrap a ribbon around a simple, shiny ponytail, it's far more sophisticated than sophomoric. "It elevates the hair and makes it quite special," says Redken global creative director Palau, who snipped strips of grosgrain (less saccharine than satin) at Dior and Oscar de la Renta. Give strands sheen with a blow-dry and a glossing of frizz-smoothing oil. If you tie a bow, yank out one of the loops to tone down the teacher's-pet vibe.

ALSO SPOTTED AT





Heavy-Metal NAILS

Who Jin Soon Choi

Where Marc Jacobs

What you need to know Committed to the party-girl inspiration for the season, Choi gave models the sort of mani you might do at home after a shot of Fireball. "I did three to four coats of glitter polish to get a chunky, raised effect," she says, adding that imperfection was the goal. "Sometimes it's good to be a little outrageous." To up the shine, Choi painted on three layers of glossy topcoat. The silver lacquer here (one of four shades she used) was a showstopper: It created a disco-ball glimmer on the runway. Whether you're heading to the club or Whole Foods, "a metallic sheen gives a rich flair to your entire look," she says.

Also spotted at Alice + Olivia, Kenzo

Marc Jacobs Beauty Enamored Hi-Shine Nail Lacquer in 148 Glinda, $18; sephora.com.





MAC Cosmetics Retro Matte Liquid Lipcolour in Personal Statement and To Matte with Love ($20 each) and Lipstick in Girl About Town and Flat Out Fabulous ($17 each); maccosmetics.com. SK-II Mid-Day Essence, $80; sephora.com.



Orchid LIPS

Who Gucci Westman

Where Marchesa

What you need to know If red lipstick is the LBD of the beauty world, this electric fuchsia is the leather jacket. "The color is feminine yet edgy," says Westman, who worked with four hues, from magenta to violet. (Remember, you're going for a bold contrast.) She layered a matte fluid formula under a cream lipstick for a vibrant, long-wearing finish and made lips the focus by pairing them with clean, ultra-highlighted skin. Get glowing with a moisturizing mask before applying concealer; a hydrating mist and dab of MAC Strobe Cream ($33; maccosmetics.com) complete the illuminated effect.









Aquatic EYES

Who
Val Garland

Where Monique Lhuillier

What you need to know
Like a few drops of Visine, a stroke of blue instantly revitalizes dull, tired eyes. Garland gave Monique Lhuillier's models a bolt of thick, squared-off cerulean liner, which she deems flattering on every skin tone. To keep the color from sliding south, she used a gel formula from MAC that "takes about 15 seconds to set, then it ain't moving. You could even swim in it!" That's a claim we'll happily test.

Cotton-Candy SHADOW



Who Peter Philips

Where Dior

What you need to know No, allergy-chic isn't suddenly a thing—these pink eyes are actually...*pretty*. "I used a really soft tone," says Philips, Dior's creative and image director of makeup. To achieve a "beautiful, brightening aura" around eyes, he applied a sheer, light berry shadow along models' creases and lids before blending a pale pastel blush on top. For women with dark skin tones, he mixed a dash of taupe into the shadow. "If the eyes were isolated pink, they could appear infectious," he says. "So I brought the color into the whole complexion, lips to cheeks." The finished look is so gorgeous, we predict an outbreak.

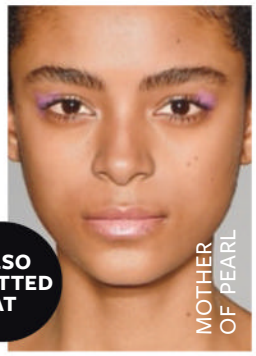


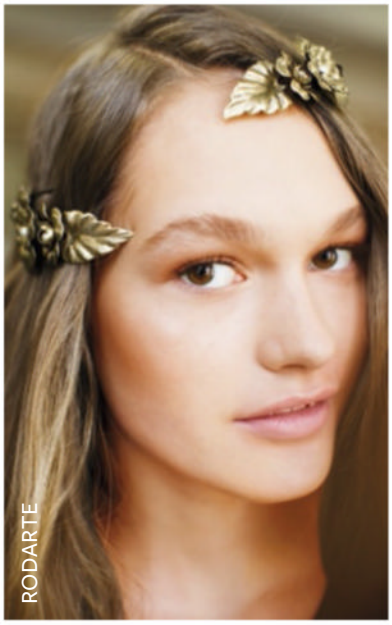


Diorshow Colour and Contour in Orchid ($33) and Diorblush Glowing Gardens Vibrant Colour Powder Blush in Floral Pink ($44); dior.com.



ALSO SPOTTED AT





Midas TOUCHES



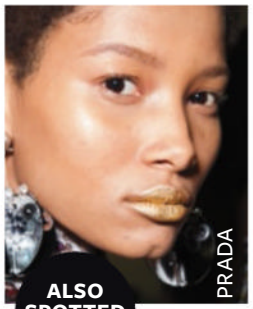
Who Odile Gilbert

Where Rodarte

What you need to know Backstage areas were veritable gold mines this season: The precious metal popped up on lids, lips, and hair accessories, such as the antique-looking flower pins at Rodarte. "Pieces like this give such a rich sophistication to the hair," says Gilbert, who roughed up models' strands with texturizing dry shampoo before placing barrettes randomly throughout. "Some girls wore them like a crown, others near the parts," she says, noting that putting pins in unexpected places makes them feel new and cool.

Rodarte Antique Honey Brass Rose Hair Clip, $414; at Curve N.Y.C. and Curve L.A. Kérastase Powder Bluff, $37; kerastase-usa.com.





ALSO SPOTTED AT



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BEAUTY TALK

Rita Ora

The British pop singer and exuberant face of Rimmel London reveals the source of all that bold experimentation and why blond hair will always equal pure glamour

Between the hair, makeup, and nails, you're a beauty fanatic. Who inspired you growing up? My mom is very glamorous. She has a low tolerance for people who don't make an effort. She will walk into a room and say to a woman, "You have tits. Why you not show the tits?" That's how she talks—she's from Albania. I'm like, "Mom, are you insane?" But she's all about appearance, forever kicking me, telling me to stand up straight.

When did you first go blond? I was only 14, which is why my hair is so short and damaged now! I've been using this treatment for blondes called Opulex that's gradually repaired my hair. When I was a teen, all my idols were blond—Marilyn Monroe, Debbie Harry, Gwen Stefani—so it's always been my thing. I wasn't very girlie, and I felt that going blond made me seem more womanly. I got addicted, and then I discovered red lipstick.

Nobody would describe your look as conservative. Have you always pushed the envelope? I grew up in a very free environment, near Portobello Market, in London. It's more bougie now, but there were all these cool people, so creativity was always around me. You could buy stuff for cheap, like £2, and just play around. My parents thought I looked crazy, but they were always comfortable letting me do me.

Where did the name Rita come from? My grandfather used to be a documentary-maker, and his favorite actress was Rita Hayworth. He named me after her before he passed away. May he rest in peace. **—KAHLANA BARFIELD**



RIMMEL Oh My Gloss! in Ooh La La, $6; rimmellondon.com.

"You can have no makeup on, add a red lip, and it looks like you've put in some effort. This one is easy to apply, and it's super-moisturizing."

Rita's MUST-HAVES

RIMMEL LONDON 24 HR SUPERCURLER MASCARA
"It makes you look like you have lash extensions, and I don't really have that many lashes!"
$7; rimmellondon.com.



LE LABO SANTAL 26 GLASS CANDLE
"Candles make me feel like I'm at home even when I'm not. This woody Le Labo scent is my favorite."
$70; lelabofragrances.com.



CLARISONIC SMART PROFILE
"I use it every day, and it gets my face nice and clean. It works anywhere—even in the shower."
$265; clarisonic.com.

OLAPLEX TRAVELING STYLIST KIT
"This is save-your-life stuff for blond people. It's a hard-core three-step treatment that really fixes your hair."
$129; drugstore.com.



BECCA SHIMMERING SKIN PERFECTOR IN TOPAZ
"I always like things that illuminate my face. Something with a creamy texture and shimmer particles to give a nice glow."
$41; sephora.com.



A GOOD ORA

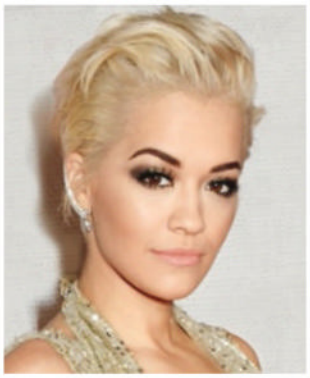
"Some people feel really weird talking about hair extensions, but the reality is your hair can't grow overnight, so why not get creative?" says the songstress. "The trick is, you have to completely own it, and that's a confidence thing."



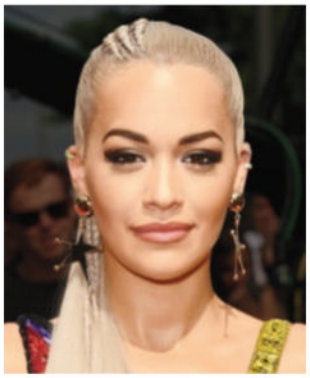
2012
"This is old school. It's how I started out before I got inventive—blond hair, red lips, and dark brows, which I never change."



2013
"Here I was like, 'Let's try and be clean and cute.' I love the shorter hair and softer makeup. I thought it was really fresh."



2015
"This is my real hair. I like a short crop. It's just effortless and gangster. My hair is currently the same length, but who knows what I'll do tomorrow?"



2015
"These were extensions. I wanted something different, so we cornrowed it back. A lot of people copied this style and sent me pics on social media."

→ Try on many celebrity looks with our Hollywood Makeover Tool at **instyle.com/makeover**

TRANSFORMATION

OLIVIA WILDE

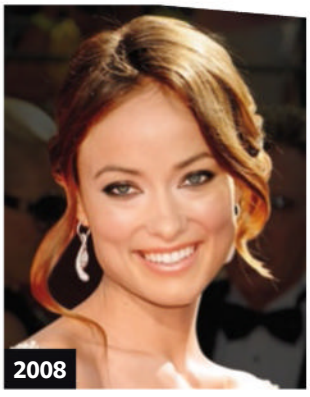
"Famous clients constantly ask me for 'that Olivia Wilde smoky eye,'" says makeup artist Mélanie Inglessis. The secret? There isn't a trace of kohl or black shadow in sight. Inglessis likes to stick to a spectrum of purple hues when working with the Revlon spokeswoman. "Those sultry eyes have helped build both of our careers!"

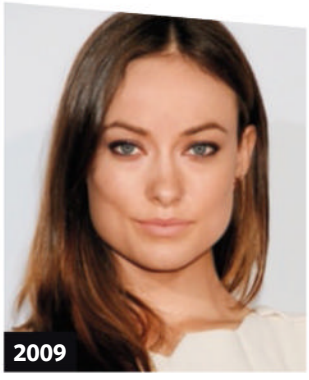


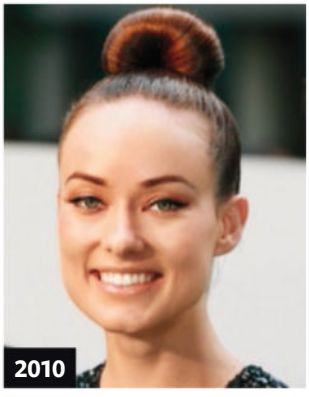
"She's got this beautiful, sharply chiseled face, like her features were carved out of marble. To soften her naturally feline eyes, I round out the outer edges of her eye shadow."
—**MÉLANIE INGLESSIS**



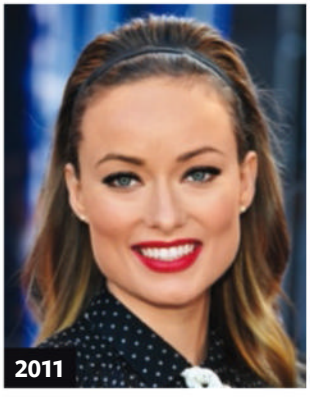






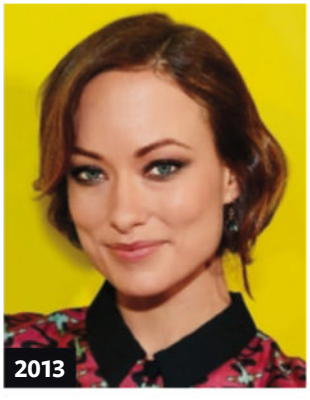


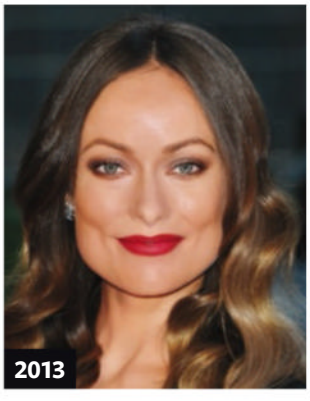
"Golden blond highlights in Olivia's brown hair really do help to brighten her eyes."
—MARA ROSZAK, hairstylist













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Q&A





Temptu Air Cordless Makeup Airbrush ($195) and six-month supply of blush ($30) and bronzer ($35); nordstrom.com.

Q I've heard a lot about airbrush makeup. Is it easy to do at home?

A Airbrush machines, which propel a misting of makeup from a pressurized tube, have been in pro kits for years because of the seamless, natural-looking finish they produce. It used to be that they were so heavy and clunky, they were impractical for the at-home enthusiast, but the new cordless Temptu Air quickly had us editors spraying with abandon at our desks. Just pop in one of the foundation pods, turn on the device, and hold down the trigger. The mist is so fine, it's practically impossible to overdo it. "You can increase the coverage just by moving the tool closer to your face," says makeup artist Beau Nelson, who has used the gadget on stars such as Odeya Rush. While many brands (like Dior and Sally Hansen) now make spray-on foundation, we love that Temptu sells pods filled with luminous blushes and bronzers so you can get a full red-carpet-worthy face in minutes (minus the mink lashes).

Q What moisturizers should I be using to keep my eczema in check during the winter months?

A To help manage the condition, which is marked by very dry, red, and inflamed patches of skin, apply a thick cream with soothing ceramides multiple times a day, says N.Y.C. dermatologist Julie Karen. This ingredient, found naturally in the skin's upper layer, is depleted in eczema sufferers, she says. A formula with ceramides fortifies and prevents irritants from slipping through the cracks and causing an itchy flare-up. Avoid anything with fragrance, which can also be a trigger, says Dr. Karen. Check out two seasonal saviors below.



BEST FOR FACE
Japanese indigo, which gives this cream its distinctive blue hue, kick-starts healing by blocking irritation-causing proteins in the skin. Oat extracts further soothe, and green tea offers antioxidant protection.

Tatcha Indigo Soothing Triple Recovery Cream, $135; tatcha.com.



BEST FOR BODY
A healthy dose of ceramides coupled with the brand's signature calming spring water makes this blend incredibly reparative, says Dr. Karen.

Avène Eau Thermale Avène XeraCalm A.D Lipid-Replenishing Balm, $32; dermstore.com.

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Deals & STEALS

Irresistible ATM-friendly buys!



$10

No need to drill down into these powders to get serious color payoff. The pigments are so rich, smoky eyes are just a couple of brushstrokes away.

E.L.F. Studio Party Ready Eyeshadow Palette; elf cosmetics.com.



Fibers plump lashes on the spot!

$15

Some days you just want to look awake—other days you want the full J. Lo effect. This duo offers up a glossy ink to lengthen and a fiber-filled formula you can layer on for thicker, more dramatic fringe.

Touch in Sol Mini Magic Mascara Duo Set; sephora.com.



$10

Could you score a free book of matches at your local gas station? Probably. But this vintage bottle (with a striking strip on the outside) is just so much cuter.

Skeem Design Mini Antique Matches; skeemshop.com.



$15 each

We already hoard RMS Beauty's luminizing creams to highlight our cheeks, lids, and lips. Now there are nail polishes to bring that same ethereal iridescence to nails.

RMS Beauty Nail Polish in Magnetic and Luminizer; rmsbeauty.com.



$15

The cream version of Clinique's best-selling Dramatically Different Lotion (in a tote-friendly 1-ounce jar) packs plumping hyaluronic acid, glycerin, and a big dose of hydrating, winter-proofing lipids.

Clinique Dramatically Different Moisturizing Cream; clinique.com.

PRO SECRET *Cheapie*



H&M Beauty Knot a Problem Primer Spray, $10; at select H&M stores.

"Before a blow-dry, mist wet hair with this detangling heat-protecting treatment. Your brush will glide right through strands without snagging."

—JET RHYS, hairstylist


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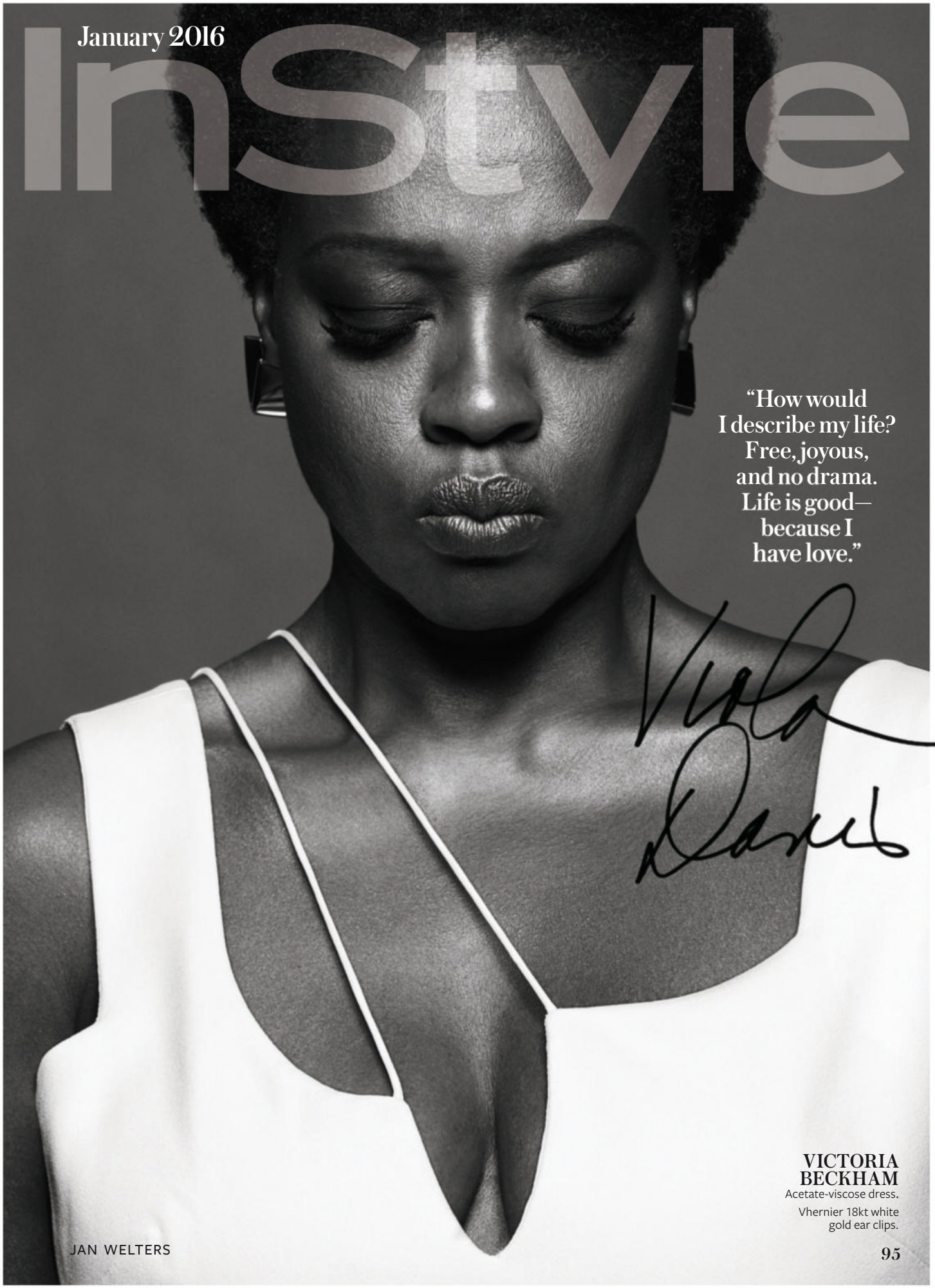
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January 2016
InStyle
"How would I describe my life? Free, joyous, and no drama. Life is good—because I have love."
Viola Davis
VICTORIA BECKHAM
Acetate-viscose dress.
Vhernier 18kt white gold ear clips.
JAN WELTERS
95



LANVIN
Tech gabardine gown from Barneys New York.

Harry Winston diamond and platinum bracelet.

Viola

IN FULL BLOOM

As a morally flawed but flawlessly dressed criminal defense attorney on *How to Get Away with Murder,* VIOLA DAVIS is a prime-time powerhouse and a woman in her prime. Off-duty, the groundbreaking Emmy winner and two-time Oscar nominee is a blithe spirit who relishes her role as a devoted wife, doting mother, jet-setter, and spa addict

by **VERONICA CHAMBERS** *photographed by* **JAN WELTERS** *styled by* **MELISSA RUBINI**



LANVIN
Sequined dress with silk chiffon, grosgrain bow, and crystal detail.

Charlotte Olympia suede sandals.



DRIES VAN NOTEN
Embroidered polyester-blend jacquard dress from Barneys New York.

Viola Davis has a glorious laugh. It's something we rarely get to hear on her hit show, *How to Get Away with Murder*. But as she stands in the L.A. dressing room that houses the many chic costumes of her steely character, Annalise Keating, she's neither fierce nor brooding. There's no sign of the fury she's capable of unleashing on foolish prosecutors or on her own, sometimes incompetent, team of law students known to fans as the Keating Five. The source of her glee is her 5-year-old daughter, Genesis, a bright spark who announces herself with an elated squeal and a dash into her mother's arms.

Davis explains that while she and Genesis have worn out the knees of their pajamas playing puppy, a substitute for actually getting one, the game of the moment is more cosmic in theme. "We have a whole thing. It's elaborate—Rocket Ship 1, 2, 3," Davis explains. "We go into space. We explore different planets. The ship is in danger. We almost died at one point. We lost oxygen." Genesis adds that the two have fought a couple of aliens. And with that the dressing room is transformed into a virtual spaceship, fueled by the force of their imagination.

It's an engaging and intimate moment to witness. Peter Nowalk, the creator and executive producer of the TV series, says Davis's exuberance is one of the things that first let him know how good an actress she was. "She's an extremely joyous person," he says of the seasoned star who specializes in playing women who make difficult life choices. "She's actually full of light. She finds the fun."

Part of finding the fun for Davis was discovering her path to motherhood. She was 46 years old when she adopted her daughter. "I always tell Genesis that she was born from my heart, not my belly," she says, holding her hands, almost instinctively, at her heart center, the way some pregnant women subconsciously hold their bellies. Being a mom has brought her so much bliss that she wants women *and* men to know "there are so many other ways to mother rather than to carry a child in your body. So many children need parents, and so many of us want to mother. Know that you will experience motherhood to the full extent."

The actress jokes that "there are not enough adjectives to explain the differences between me and Annalise. I am more aware of myself and how I treat people. I am not as bold, and I definitely don't drink as much as she does." What has rubbed off a little is her character's polished style. As Davis works with the show's costume designers, assessing potential clothes and accessories, she explains that she has undergone a sartorial evolution from a virtuoso thrift-store shopper to the red-carpet presence she is today. "Back in the day, my style was whatever was different and cheap. I was an artist, and I wanted my clothes to reflect that," she explains. "I now understand fashion in a way that I don't even have a language for. I know designers. Before, you could've put a gun to my head and asked me to name just one designer and I would've been dead. I lived in New York for 13 years, and I went to Macy's exactly once."

Now she has a handful of fashion brands she adores: Carmen Marc Valvo, Max Mara, Victoria Beckham, and her all-time favorite, Alexander McQueen. She was so smitten with a recent purchase, an oxblood tote from the revered British house, that she posted multiple photographs of it on Instagram and Twitter. With its moody color and glinting hardware, it's a bag that brings to mind actors of another era, such as Lauren Bacall and Katharine Hepburn. Like those golden-age luminaries, Davis radiates a strong and feminine allure. Her voice is a sultry mix of honey and bourbon, her gaze steady and sure.

Last September's Emmy win—Davis is the first African-American woman to claim top drama series acting honors—and her television show's success have brought her even more ways to shine. "I am happy that our writers challenged the previous limitations of what has been written for women of color and created someone interesting, sexual, dynamic, bold," she says. In some ways Davis is just getting started—partly because of persisting industry biases. "Unwritten racial casting rules absolutely still exist," she says. "I've played many best friends, crack-addicted mothers, next-door neighbors, or professionals with no personal lives. It goes back to perception. There is a limitation to how we are seen."

It's a source of pride for Davis that, much in the same way that mentors and idols like Cicely Tyson (who plays Annalise's mother on the show) have ushered in new possibilities for her generation, she is now widening the door for her daughter's generation. "Genesis will see the possibilities," she says. "It's an entitled generation, but that entitlement gives them the confidence to say 'I deserve it.' "

In a few months Davis will renew her vows with actor-producer Julius Tennon, to whom she's been married for almost 13 years. So what has she gleaned in all those years of marriage? She is both sanguine and sweetly romantic. "I've learned that it's not always about you. Marriage is a dying to yourself, but [also this] renewing and being born into a state of commitment, of understanding the value of partnership in life." It was Tennon who famously urged the actress not to wear a wig during the 2012 awards season, when she was nominated for a best actress Oscar for *The Help,* telling her, "Step into who you are!" That moment not only was a powerful statement on the red carpet but also laid the groundwork for one of the landmark moments on *HTGAWM*: when Annalise Keating takes it all off—wig, makeup, lashes, the works—to reveal a vulnerable self.

Davis recalls that when she and Tennon got married, she wore a simple skirt from Express. A few years later they exchanged vows again, and she wore a more traditional dress. For their latest vow renewal Davis is having a dress custom-made by Carmen Marc Valvo. But as much as she is looking forward to the upcoming ceremony, she is even more excited about the getaway that will follow. "I



ROCHAS
Cotton dress.

Paolo Costagli
18kt white gold
earrings. Charlotte
Olympia sandals.



PORTS 1961
Viscose-wool jacket.

Ippolita 18kt
gold earrings.

HAIR: JAMIKA WILSON FOR EPIPHANY AGENCY. MAKEUP: SIR JOHN FOR STREETERS. MANICURE: MARISA CARMICHAEL FOR STREETERS.

am *addicted* to spas," she says. While she's happy to go alone or with friends, her husband is her favorite spa companion. "If we go to a hotel, we'll be the only people in that spa for hours. We'll start at 5 in the morning sometimes."

Travel has been a happily shared passion for the couple, who launched JuVee Productions in 2012 to develop their own film projects (including an as-of-yet unnamed biopic about Barbara Jordan, the first black woman elected to the Texas state senate). They spent their honeymoon at George Clooney's villa in Italy, but it was on a subsequent trip to Greece that Davis learned how remarkably supportive her husband could be. Her father was dying of pancreatic cancer, but he had urged her to visit the Mediterranean anyway. "You could tell he just wanted us to live our lives," she says. Exploring ancient ruins with Tennon by her side ended up being a very therapeutic way for Davis to prepare for her father's death. "Looking at the sunsets over the Aegean Sea and constantly feeling the pang of knowing that my dad was dying soon—it was like going to the depths of despair and the heights of joy at the same time," she says.

"What's released me most from the fear of aging is self-awareness. I've never determined my value based on my looks or anything physical. I've been through a lot in life, and what has gotten me through is strength of CHARACTER & FAITH."

When her father passed, she was the one among her four sisters and one brother who took the lead. "I was the facilitator," she says. "I had the insurance policy. My husband had experienced loss before, so we were proactive in arranging everything, and everybody else fell into place with it." In her family, Davis explains, she's responsible for keeping everyone connected. "I'm basically the one who does all the communication."

Motherhood has given her the opportunity to share the love she longed to give and to view her own mother in a new light. "My mom will say things, and I'm surprised at how much she understands me," Davis says with a throaty laugh. A Juilliard-trained actress who has picked up two Tony awards, Davis turns to the language of theater to explain how reserved her mother is. "I don't think that the generation before mine had the gift of understanding pathology and psychology. You never felt like you had the freedom of your voice. Everything was about hiding. It's like the Shakespeare line: 'Dive, thoughts, down to my soul!'"

Davis, as much a fan of comics as of the medieval playwright, will star this August in DC Comics's big-screen adaptation of the beloved *Suicide Squad*. Davis says her superpower as a mother is that she's a good observer: "I practice those muscles as an actor, so I observe things that most people don't see." About her daughter, she says, with a chandelier smile, "I know Genesis. I see her in a way that even someone who loves her wouldn't." That powerful mirror has two sides, as the social media world noticed, when Genesis, who has already declared that she wants to be an actress, decided to forgo the usual costume fare for Halloween and dress as her mother did on the night of her epic Emmy win.

At home Davis keeps things light because "with my schedule grind, I need some laughs." Her recent 50th birthday brought with it an appreciation for all the quiet moments that ensure a good life. She says, "The one mistake we all make is that we think we have time. Turning 50 has been the biggest eye-opener to that illusion. I now find the smallest, most mundane tasks exciting: getting Genesis dressed, watching an animated movie, going to the grocery store." The last of these tasks is especially poignant for Davis, who grew up in a home where food was scarce. Her face visibly softens when she remembers with tenderness the child she was. "You'd just go to school hungry," she says. Davis has partnered with the Albertsons Companies Foundation and Entertainment Industry Foundation in an initiative called Hunger Is, which aims to eradicate childhood hunger in the United States. The actress has already helped raise almost $12 million for the cause. One out of every five children in this country struggles with hunger, she notes.

In addition to her advocacy work and her role on *HTGAWM,* Davis has about a dozen film projects in development, including one for HBO about Harriet Tubman, whom she memorably quoted during her Emmy acceptance speech. "When we closed the deal for the movie, the producers sent me flowers with a card that said 'Here's to taking Harriet over that line,'" she says.

A new year is quickly approaching, and chances are that when the countdown starts, Davis will be fast asleep. She's not complaining. "I get tired of saying that I'm tired," she says with a shrug. "Because I know that's the mantra of every woman at work." That said, she does not expect this New Year's Eve to be different from years past. "I can never make it to midnight," she says. Neither will she be making a lengthy list of resolutions. "I don't have resolutions," she says. "I have revelations throughout my life, and they are deeper because they come internally and mark a real shift as opposed to making it happen."

Perhaps this is the intrinsic difference between Davis and her TV alter ego. In her deep desire for control, Annalise stumbles, and the consequences are dire. Davis has ricocheted from the Broadway stage to Oscar-winning movies to TV soundstages with the improvisational skills of a jazz singer. She's studied the riffs. She knows how to sing each note. But she's not rigid in the execution of her art or her life. She's OK with the fact that there's a part of life, a really big part, that she'll simply make up—skillfully and thoughtfully—as she goes along. ■



DIOR
Cotton jacket, cotton pants with skirt, and pink gold–finished earring.

trend

Actress RILEY KEOUGH, star of TV's *The Girlfriend Experience* and daughter of Lisa Marie Presley, was captivated by her mother's magical closet growing up. Her one-of-a-kind upbringing informed her own eclectic taste, which is mirrored in the season's myriad offerings: hothouse prints, rich tones, and leather dresses

photographed by **JENS LANGKJAER** *styled by* **ALI PEW**



CÉLINE
Satin top, satin skirt, and gold-plated earrings with enameled porcelain.

Derek Lam leather heels.



LOUIS VUITTON
Tech gabardine top, embroidered silk blouse, viscose cady pants, gold-plated earrings, and brass and leather rings.



SPORTMAX
Suede leather dress with belt.

JILL STUART
Cotton knit top.

Magdalena Frackowiak Jewelry 18kt gold earrings.
Proenza Schouler leather sandals.

life of RILEY

With her lanky frame, sharp cheekbones, and famous DNA (Elvis and Priscilla are her grandparents; Lisa Marie Presley and musician Danny Keough are her parents), Riley Keough looks like someone who would stand out in a crowd. But shockingly, no. When she enters the bustling lounge of a New York hotel, clad in a loose-fitting sweater, slim jeans, and woolly boots, she blends right in. "I've sat next to people on a plane while they're watching *Mad Max: Fury Road* and they have no idea," says the 26-year-old actress, referring to the 2015 hit in which she played the scarlet-haired wife on the run. "I like it. My goal is to not lose the ability to get a coffee."

After audiences encounter Keough's new Starz series, *The Girlfriend Experience,* she might need to start stocking up on caffeinated pods at home. Steven Soderbergh created the 13-episode show, inspired by the 2009 film, with Keough as Christine, a law student and an intern at a prestigious firm who becomes an escort in her spare time. "It's a nonjudgmental look at someone who's doing this kind of thing," Keough says, shrugging off the more explicit scenes she filmed with equal magnanimity. "I don't care about nudity."

Perhaps her unconventional upbringing—Keough grew up mainly in Hawaii, and her stepfathers included Michael Jackson and Nicolas Cage—helped shape her laid-back views. Her mother's wardrobe certainly piqued Keough's interest in fashion. "When I was younger, I was obsessed with my mom's closet and would try on all her stuff," she says, adding that she and Presley are still the same size. At age 12, Keough booked her first paying gig as a model, a campaign for Tommy Hilfiger. "I bought a Fendi purse with my first paycheck," she remembers. When it's time to grace the red carpet (she'll have plenty of opportunity with three films, *American Honey, We Don't Belong Here,* and *Lovesong,* out this year), she prefers Chanel, Dior, and Louis Vuitton. But her all-time favorite look? The prim lace Delphine Manivet dress she wore last February to wed Australian stuntman Ben Smith-Petersen. "It's not realistic for me to live in Australia at the moment"—the couple resides in L.A.—"but I'd love to end up there." Until then, she has her French bulldog, Grubs. "He's part koala and part alien," she says. "I love him like he's my son."

—SARA VILKOMERSON

MICHAEL KORS COLLECTION
Leather shirtdress, belt, and heels.

Magdalena Frackowiak Jewelry 18kt gold earrings.



CHANEL
Cashmere-PVC pullover and cotton toile pants.

Hirotaka 10kt gold earrings with South Sea pearls and 10kt rose gold ear cuff with diamonds.
Newbark embossed-calfskin sandals with brass hardware.



MARNI
Silk-blend dress
and silk top.

Magdalena
Frackowiak
Jewelry
earrings.



VICTORIA BECKHAM
Wool dress.

Dior palladium-finished earrings. By Malene Birger stainless steel rings. Proenza Schouler sandals.

HAIR: MIKI FOR TIM HOWARD MANAGEMENT. MAKEUP: JUSTINE PURDUE FOR TIM HOWARD MANAGEMENT. MANICURE: CASEY HERMAN FOR KATE RYAN INC. SET DESIGN: POPPY BARTLETT FOR THE MAGNET AGENCY.


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Start Fresh!

We've got all you need to throw a laid-back New Year's Day brunch, with egg creations by L.A. chef Alvin Cailan of the cult-sensation food-truck Eggslut, plus inventive riffs on the mimosa and take-home gifts brimming with bright optimism for the months to come

photographed by **JOHNNY MILLER**



Begin by serving the *best* breakfast sandwich...



Porcelain Shell Bisque salad plate, $18; canvashomestore.com.

SCRAMBLED-EGG SANDWICH

As any food-focused Angeleno knows, Cailan's nouveau-cool egg sandwich is perfection on a roll. His three-fold secret: a pillowy brioche bun, eggs scrambled "low and slow," and a spicy sauce spiked with sriracha. Use the oven to make the sandwiches right before serving, or simply lay out all the components buffet-style and grate cheese on top of a platter of hot scrambled eggs so guests can build their own. A plate of sliced prosciutto takes the place of bacon, which "unless you are making it in real time is a good idea to skip," advises Cailan.

SERVES **4**
TOTAL TIME **30 minutes**

½ cup mayonnaise
4 tsp sriracha sauce
6 tbsp unsalted butter, cut into tablespoons at room temperature
1 medium onion, thinly sliced (1 cup)
12 large eggs
Kosher salt
4 brioche hamburger buns, split
8 slices sharp yellow cheddar cheese
Sliced prosciutto, for serving

1 In a small bowl, stir mayonnaise with sriracha. **2** In a large nonstick skillet, melt 2 tbsp butter. Add onion; cook over low heat, stirring frequently, until golden, about 10 minutes. Transfer to a small bowl. **3** In a large, cold nonstick skillet, combine eggs with remaining butter. Using a wooden spoon, mix eggs until uniform in color. Place skillet over low heat and cook, stirring constantly, until eggs resemble a thick custard, about 5 minutes. Season with salt; transfer to a bowl. **4** Preheat oven to 425°F. Spread sauce on buns. Arrange bottom buns on a baking sheet; place a slice of cheese on each. Divide the eggs on top of the cheese; cover with another slice of cheese. Arrange the top buns on the baking sheet, sauce-side up. Toast until the cheese melts, about 3 minutes. Divide the onions on the sandwiches, close, and serve with prosciutto.

FOOD-TRUCK FANFARE

How a humble breakfast mobile became a full-blown culinary destination.

When chef Alvin Cailan started selling gourmet egg sandwiches out of a white truck in 2011, he never imagined that it would rapidly become what he describes as "an L.A. thing," with crowds waiting to sample his organic eggs paired with crispy bacon, tomatillo salsa, and chimichurri. Now with a café in the city's downtown Grand Central Market, Eggslut (@EggslutLA) is reportedly one of the most Instagrammed restaurants in the country, proving that farm-fresh ingredients that "wake your taste buds up in the morning" can command a captive audience.



...or cook up cozy coddled eggs in a jar

CODDLED EGGS WITH POTATO PURÉE

Buttery and satisfying, a single serving of coddled eggs layered over potato purée and assembled in an adorable jar (Weck, $22/12; weckjars.com) spoils and delights your guests. A refreshing complement to this rich dish? "I love serving citrus with eggs," says Cailan, who drizzles an orange salad with honey, then tops it with toasted almonds and fresh mint.

SERVES **4**
TOTAL TIME **50 minutes**

- **2 tbsp sea salt, plus more for seasoning**
- **1 lb. russet potatoes, peeled and cut into 2-inch pieces**
- **1 stick unsalted butter, cut into tablespoons at room temperature**
- **4 large eggs**
- **2 tbsp thinly sliced chives**
- **Toasted bread, for serving**

1 In a large saucepan, bring 3 quarts of water to a boil. Add the sea salt and potatoes and cook until tender, about 20 minutes. Drain, then pass the potatoes through a food mill or ricer into a large bowl. Stir in the butter and season with salt. Divide the mixture into four 5.4-oz. heat-proof jars. **2** Fill a large saucepan halfway up the side with water and bring to a simmer. Crack an egg into each jar, cover with the lids, and arrange in the saucepan (the water should come three-quarters up the sides of the jars). Simmer until the whites are set and the yolks are almost set but still slightly runny, about 15 minutes. Carefully transfer the jars to plates and remove the lids. Garnish with chives and sea salt, and serve warm with toasted bread.



Set the mood with modern table touches

BUTCHER PAPER
Conjure Cailan's industrial-chic aesthetic by covering the table with a black butcher-paper runner (Black Chalkboard paper, $10; knotandbow.com) and label the various dishes with a thick white pen. Minimize your cleanup by using squares of white or brown craft paper to wrap egg sandwiches.

SLAB APPEAL
Corral sandwiches or prosciutto—or whatever you're cooking up—on a cutting board or slab made of wood, marble, or ceramic. "I line a butcher block with waxed paper and serve scrambled eggs on it," says Cailan. "It's so easy."

CONTRAST DISHES
Let the bright tones of your gorgeous ingredients work hard for you—serve fresh fruit in a deep-toned ceramic dish or bowl and watch those colors pop.

Play a standout soundtrack

In-demand DJ Hannah Bronfman put together just the right blend of happy, chill, energizing music for your shindig. Go to **instyle.com/hannahbronfman** for the download.

Make the bar buzzy (read: caffeine *and* bubbles)

THE "NEW" MIMOSA

Set out bottles of cold prosecco and carafes of citrus juices, from blood orange to grapefruit, giving the old brunch favorite a novel spin and letting guests experiment with fizzy combos.

COFFEES A-GO-GO

"I like to blend the best aspects of a Vietnamese coffee and a Cuban café con leche," says Cailan. He starts with a dark brew (Cailan likes Café du Monde coffee, $7/15 oz.; cafedumonde.com) made in a stove-top coffeemaker and adds condensed milk ("Guests can glaze the bottom of the cup with it"). For a Cubano, use equal parts whole milk and coffee.

More modern table touches

SUNSHINE STEMS Happy times are here! Bright yellow flowers are a cheery choice for an egg-centric brunch.

LEVEL BEST Use cake stands and cutting boards to create a multitiered display that gives the table a look of abundance.

MERRY MEMENTOS With a nod to last night's festivities, scatter around a few noisemakers or some colorful confetti ($4; knotandbow.com).



Iron-dyed white oak butcher block ($575) and maple wood spice bowl (far left, $120), Black Creek Mercantile; marchsf.com. Medium cylinder glass vase (far right), Canvas Home, $45; canvashomestore.com.

Send them home with something to remember—and feel good about



FOR HEALTH A stash of effervescent tablets replete with essential vitamins and minerals provides your pals with greens for the road. *Greens supplement, 8G, $13; 8greens.com.*

FOR BEAUTY Stock up on pampering, single-use face masks (available in eight different options, from moisturizing to anti-aging), and let guests pick their potion. *Face mask, Sephora, $6; sephora.com.*

FOR VITALITY For each guest, dole out a yoga card detailing a different reinvigorating pose. *The Yoga Deck, by Olivia H. Miller, Chronicle Books, $15/50 cards; chroniclebooks.com.*

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Oscar Mayer

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I Am That Girl . . . Allison Williams

InStyle *has teamed up with the nonprofit organization I Am That Girl to chat frankly with celebrities about issues affecting girls' self-esteem. This month actress Allison Williams, who returns as Marnie Michaels for the fifth delectable season of HBO's* Girls, *dishes on how she makes her downtime productive and why Lena Dunham should run the world.*

There are countless fun ways to make ourselves look good, but right now we want to talk about inner beauty. What's one thing that makes you feel gorgeous on the inside? Maintaining friendships with positive people in my life. I'm still working out the kinks of my high school years. Back then I wasn't gifted in social gymnastics. I was fixated on trying to be popular, but I was not wired to keep up with the covert manipulation needed to maintain that popularity. I got crushed over and over.



Looking back, what did you take away from that experience? I admired the girls who ignored the status thing; they should have been my friends. I recently went back to my high school and told students that even though someone seems to have a perfect life, she could have major struggles that you don't know about. Don't compare yourself with anybody. It's ultimately the things that differentiate you from others that are the most special. I learned that as I got older, but it's hard to have that perspective as a teen.

If you could tell every teenage girl one thing, what would it be? Stop stressing so much. Everyone has at least a low-level existential crisis during the weird transition from childhood into early adulthood. No one, myself included, is ready for it. One of the best things you can do is focus your energy outward by volunteering for a worthy cause or joining a club.

Speaking of having a positive impact, you were recently named an ambassador for Horizons National, which supports educational opportunities for children in low-income families. Over the years, your mom and grandmother have also worked with Horizons. How were these women role models? All of my confidence comes from the examples set by my mom and my grandmother. My grandma was the first woman to be hired at the advertising agency she worked at during the *Mad Men* era. She was like Peggy Olson. It was inspiring to grow up in a family where everyone is an equal contributor and has a fair say.

How did that dynamic benefit your career? I've learned how to express my feelings in a professional way. On the *Girls* set, the people in charge have always asked us to share our opinions, which laid the foundation for encouraging everyone to be comfortable speaking up. It's motivating because now no one worries they will be judged or called bossy for stating their views. This attitude comes directly from the top in a workplace. If Lena Dunham ran the world, it would be a given!

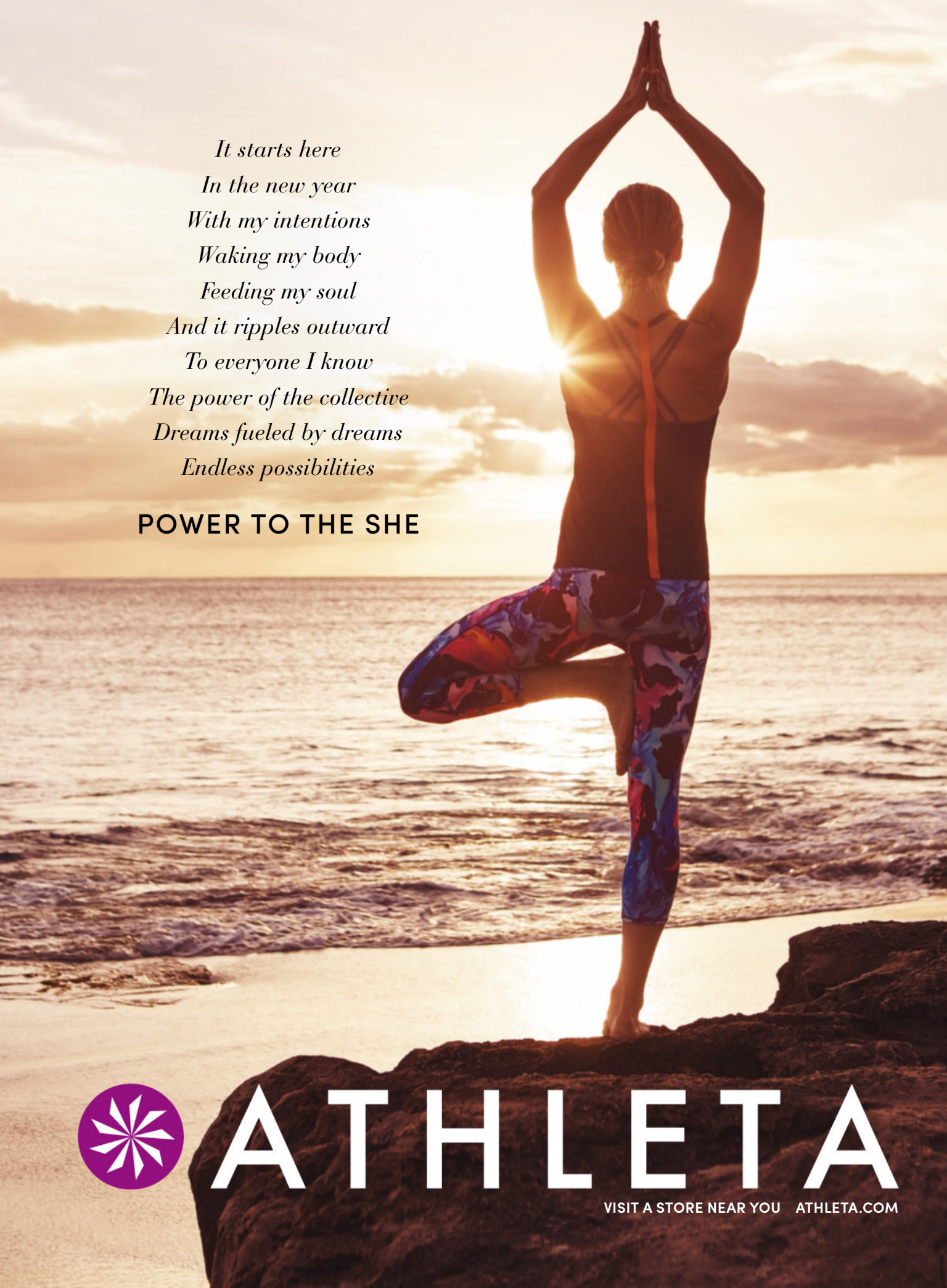
> "It's scary to say how you feel, but keeping quiet will chip away at you over time."

Is there a particular challenge you've faced in your job? As an actor, you spend a lot of time *not* acting in between projects, so you need to decide how to fill that void. Keeping my brain busy can be tough, so I try to use the breaks to develop a more global understanding of the world. For example, on a recent trip to Italy, I spent a ton of time trying to understand the country's history with the help of a tour guide and by reading news articles. It was way more productive than sitting back and catching up on TV. **—EMILY GREENER, co-founder and CEO of I Am That Girl**

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With local chapters around the country (and a vibrant online community), this empowering group aims to improve the way girls treat themselves—and one another.

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